

Who Pays for Diabetes Self-Management Education?

Many insurance carriers pay for diabetes self-management education. Check with your carrier to find out if this is a covered benefit for you. Specific plans that pay include:

- Medicaid
- State regulated health insurance plans
- Medicare, Part B

How Do I Get Diabetes Self-Management Education?

It's easy! Simply ask your doctor for a referral. For more information, use the MDCH website on this brochure.



For information on MDCH certified DSME programs. Go to www.michigan.gov/diabetes

Phone and Website Resources:

American Association of Diabetes Educators
www.diabeteseducator.org

American Diabetes Association
www.diabetes.org

Michigan Department of Community Health
www.michigan.gov



Diabetes Self-Management Education



Your Key to Prevention

A Healthier Tomorrow Begins Today!

If you have been diagnosed with diabetes, you may be overwhelmed or want more information about what you need to do. People can feel sad, angry or alone when facing diabetes. But there is help and support! Diabetes self-management education offers you the information and skills you need to manage your diabetes. You play the most important role in your own care. So you owe it to yourself to do the best job you possibly can.

Diabetes Self-Management Education is the Key to Better Health.

What is Diabetes Self-Management Education?

Diabetes self-management education is working with a diabetes educator on things that matter to you, such as:

- Choosing food and planning meals
- Staying active
- Taking your medicines safely and effectively
- Checking your blood sugar and using the information to help make decisions
- Managing stress effectively
- Making changes in your health habits and lifestyle today to prevent complications tomorrow
- Increasing your sense of control and well-being

What Can Diabetes Self-Management Education Do For you?

Diabetes self-management education puts you in the driver's seat. The more you know, the more you can take charge of your diabetes—instead of your diabetes being in control of you. Diabetes self-management education helps you to work with your health care provider, so you are a partner in your own care. Diabetes self-management education also gives you the opportunity to meet others with diabetes, share your story and learn from their experiences. Diabetes self-management education can provide the support you need to reach your goals.

Who Can Benefit from Diabetes Self-Management Education?

People who :

- Are newly diagnosed with diabetes
- Have never received diabetes self-management training
- Have poor blood sugar control
- Have had a change in treatment, such as starting on insulin
- Have experienced complications from their disease
- Are at risk for developing diabetes
- Family members and care givers of people with diabetes



You can prevent diabetes or its complications

Who Provides Diabetes Self-Management Education?

Diabetes self-management education is provided by a team of health care professionals including:

- Your doctor
- Nurse educator
- Dietitian
- Pharmacist

Many of the professionals are Certified Diabetes Educators or (CDEs) who specialize in diabetes

