

Do you have
DIABETES

and want to learn how
to better manage it?



**Diabetes
Education**
is for you!

Diabetes Education Can Help You:



Improve your blood
sugar and A1C



Keep your blood
pressure on target



Manage your
cholesterol numbers



Save money on
diabetes supplies

These things will help you stay healthier and reduce the risk of diabetes complications.

**How will you benefit
from diabetes
education?**



- You will receive guidance on how to manage your diabetes to stay as healthy as possible.
- You will work with an experienced diabetes professional who will create a plan individualized for you.
- You will receive all the tools and support you need.

How do I get more info?

Talk to your doctor or call a Diabetes Self-Management & Support program listed on the back of this flyer.



Whether you were **just diagnosed** or **if you've had diabetes for a long time**, diabetes education can help you.

DIABETES EDUCATION WORKS!

These programs are recognized/accredited to provide Diabetes Self-Management Education and Support (DSMES). They are led by a health care professional who is certified as a Diabetes Care and Education Specialist. Classes may be held in person or virtually, depending on the program and circumstances.

Medicare, Medicaid, and many private insurers cover DSMES. Contact your health insurer for coverage specifics.

Bayhealth – Diabetes and You

302-744-6307

<https://www.bayhealth.org/services/diabetes-management/diabetes-and-you>



Beebe Healthcare – Diabetes Management and Medical Nutrition Therapy

302-645-3121

<https://www.beebehealthcare.org/services/diabetes-medical-nutrition>

ChristianaCare – Living with Diabetes

302-623-3052

<https://christianacare.org/services/diabetes/>

I&O Diabetes Consultants

2201 Carlton Lane, Wilmington DE 19810

770-314-2611

TidalHealth Nanticoke – Diabetes Connection

302-629-6611, ext. 2288

<https://www.tidalhealth.org/events/diabetes>

Online Only – For state of Delaware employees, pensioners, and covered spouses and children): <https://signup.livongo.com/registration/sign-up/6/1>



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health