

A certified diabetes educator is a health professional who specializes in educating, supporting and promoting self management of diabetes. They can be a nurse, registered dietitian, pharmacist or other healthcare professional who has been certified by the Association of Diabetes Care and Education Specialists.

If you're interested in joining a diabetes self-management education and support program, ask your doctor for a referral today.

For more information, visit:
www.heal.health.utah.gov/dsmes/

Or scan this QR code:



Furniture instructions are complicated.

Diabetes doesn't have to be.

Find a diabetes management program near you.





There are plenty of complicated things in your life. Diabetes doesn't need to be one of them.

Diabetes self-management education and support (DSMES) is a program that empowers you to reclaim control of your life.

DSMES gives you the tools you need to improve your quality of life and sets you up for success by putting you in the driver's seat with an expert guide by your side.

Specialized diabetes educators will work with you one-on-one to set personal goals and outline a plan to achieve them.

They'll educate you on the small changes you can make that will have lasting, positive effects on your health.

DSMES gives you a simple, supportive, and understanding environment to learn and plan for your best future.




Diabetes self-management education and support (DSMES) focuses on improving your life in these 7 areas:

 Eating healthy

 Being active

 Monitoring

 Taking medicine (if needed)

 Healthy coping

 Reducing risk of other health problems

 Problem solving