



With your referral:

Your patients can have access to the **diabetes self-management education and support** program that is covered by most insurance.

Help your patients with diabetes become self-reliant and thrive.

Refer them to **diabetes self-management education and support** today by filling out the referral form at:

heal.health.utah.gov/dsmes/

Or scan this QR code:



Brain surgery is complicated.

Educating your patients on diabetes doesn't have to be.

Refer your patients to a diabetes management program today.



Fewer than 60% of people with diabetes have had a formal diabetes education.

Studies show that individuals who participate in diabetes education are more likely to:



Maintain lower blood sugar and A1c levels



Decrease blood pressure and cholesterol levels



Increase self-esteem, coping abilities, and the ability to better manage their diabetes



Use primary care and preventative services



Take medications as prescribed



Have lower health costs

We know you care about your patients, but you can't be there all the time. That's where DSMES can help.

Diabetes self-management education and support (DSMES) is an evidence-based program designed to educate your patients with diabetes and empower them with the knowledge, skills, and abilities necessary for diabetes self-care.

Diabetes educators are nurses, registered dietitians, pharmacists, and other healthcare professionals who will work with your patients to set realistic personal goals. They can help patients lay out a plan to make the necessary changes to their routines to positively impact their current and future quality of life.

Diabetes self-management education and support focuses on supporting your patients in these 7 areas:



Healthy eating



Being active



Monitoring



Problem solving



Healthy coping



Reducing risk



Medication management

