Living Well with Diabetes: Diabetes Self-Management Education

Diabetes Self-Management Education (DSME) Programs provide education and support to help you manage your diabetes.

**Diabetes Self-Management Education Programs**

- Provide education one-on-one and in groups.
- Focus on your goals and life experiences with diabetes.
- Are led by a team that has experience working with people with diabetes.
- Provide ongoing support to manage your diabetes for life.

**You will learn how to:**

- Read food labels
- Count carbohydrates
- Check blood sugar
- Find the best body weight for you
- Inject insulin
- Take diabetes medications properly
- Get rid of used lancets, syringes and pen needles safely
- Decide, with your doctor, a good target blood sugar

Many insurance companies cover diabetes education. Ask your doctor about a referral to a Diabetes Education Program near you!

For a map of Diabetes Self-Management Education Programs in New Hampshire visit: [www.dhhs.state.nh.us/dphs/cdpc/diabetes/index.htm](http://www.dhhs.state.nh.us/dphs/cdpc/diabetes/index.htm)

**To learn more visit:**

http://www.dhhs.nh.gov/dphs/cdpc/diabetes/
http://nhdiabetes.org/
http://www.diabetes.org/

What people with diabetes in NH are saying about DSME Programs:

“It was a classroom environment just for me!”

“The (CDE’s) support was the biggest thing.”

Photo courtesy of CDC Public Health Image Library