

Diabetes Self Management Education Group (DSME)

Your Health Care Provider made a Referral for you to the **Diabetes Self-Management Education Program.**

What is Diabetes Self-Management Education (DSME)?

DSME is self-care behaviors to learn how to take charge of your diabetes. You are welcome to bring a family member or support person with you. There is a lot to learn; plan to stay for 2-4 hours. **You will not see your Health Care Provider at this visit.**

How do I get ready for this meeting?

- Take your meds as you usually do.
- Eat a healthy meal or snack before attending the meeting.
- If you monitor blood sugars, **bring the log and meter** to the meeting.
- Answer the questions on the questionnaire and **bring the completed questionnaire to the meeting** (optional).



What will happen during the DSME Meeting?

A Coach will review and talk to you about:

- What diabetes is and the different kinds
- What you need to know to control your blood sugars
- Problems you may have from high or low blood sugars
- How to prevent short-term and long-term problems
- Important tests and exams you need to have to stay healthy
- What you need to know about diabetes medicines
- How and when to check your blood sugars
- How you can plan healthier meals to control blood sugars
- How physical activity can improve your health and blood sugar control
- How to set healthy goals and cope with having diabetes



How do I make or change an appointment date?

- Call this number – 850-526-2412 ext. 282

Visit your Florida Department of Health in Jackson County Diabetes Education Program Internet site:

<http://jackson.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/diabetes-program/diabetes-self-management.html>