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