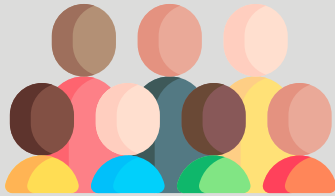


Diabetes Self-Management Education & Support (DSMES)



All people with diabetes need support to improve:

- Knowledge
- Decision-making
- Skills mastery for diabetes self-care

Refer People With Diabetes At These 4 Critical Times To Self-management Education:



Diagnosis



**Annually Or If Missing
Target Goals**



**Development Of Complicating
Factors (Medical Or Social)**



Transition Of Life/care

Evaluate Routinely For These Key Goals:



Clinical Outcomes



Health Status



Wellbeing



Offer patient-centered diabetes self-management education either in a group setting or 1-on-1



Telemedicine can improve access to diabetes self management education



Digital coaching can be effective in delivering self-management education



Address barriers to diabetes self-management education at the health system, patient, and provider levels

