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

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)

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