

# DO YOU HAVE DIABETES? HELP YOURSELF TO BETTER HEALTH.

You have the power to manage your diabetes through diet, physical activity, checking your blood sugar, taking your medication, and having regular check-ups. However, it can be hard to handle on your own. To help make it easier to manage, your doctor will refer you to a diabetes educator for diabetes self-management education. A diabetes educator will help develop a plan that works for you and show you how to make it part of your daily life.

## How does diabetes education help me?

Your diabetes educator will help you create a plan just for you. You will get tips on how to cope with the stress from diabetes and learn how it can cause risks for other diseases. Your diabetes educator will make sure you have the information and resources you need.

Your diabetes educator can help to:

- Explain diabetes and how it affects your body.
- Explain how diabetes medications work and how to take them.
- Find out the types of foods that are best for you and how to make healthy meals.
- Choose the best type of glucose monitoring device.
- Suggest charts, apps, and other tools to provide reminders and help you track your progress.
- Offer tips to help you cope with stress and problems.

## Is diabetes education covered by my insurance?

It is covered by Medicare and most health plans when provided by an accredited diabetes education program.

You may meet with a diabetes educator several times in a one-on-one or group setting, or maybe even both. Most health plans cover up to 10 hours of diabetes education in your first year. You can get more diabetes education hours in later years. Check with your health plan for details.

## DIABETES MANAGEMENT TAKES TEAMWORK

You've got a team on your side—your doctor, diabetes educator, friends, and family. With their help, you can manage your diabetes and stay healthy.

