Diabetes Support is Here for You!

Research shows diabetes self-management education and support can help you:

A. Improve your blood sugar and **A1C** levels  
B. Better manage your **blood pressure**  
C. Better manage your **cholesterol**  
D. Decrease the cost of your diabetes care

Diabetes self-management education and support is available to you:

1. At diagnosis  
2. For a yearly diabetes education review  
3. When new health issues arise  
4. During changes in health care needs

**Diabetes Educators Will Partner With You to Help You:**

- Solve problems with day-to-day issues that impact your health and well-being  
- Monitor and improve your blood sugar levels  
- Understand your medications  
- Create plans for healthy eating, physical activity, and coping

Diabetes self-management education and support is endorsed by:

*The American Diabetes Association*  
*The American Association of Diabetes Educators*  
*The Academy of Nutrition and Dietetics*  
*The National Diabetes Education Program*

[http://www.sutterhealth.org/diabetes](http://www.sutterhealth.org/diabetes)