

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

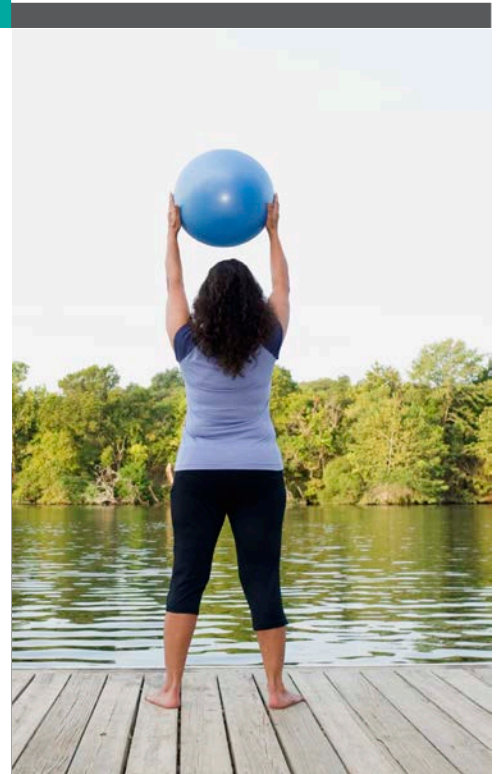
Diabetes Educators Will Partner With You to Help You:

- 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>



Ask Your
Doctor About
Working with a
Diabetes Educator