

## Diabetes Self-Management Education & Support (DSMES)

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### What is DSMES?

Diabetes Self-Management Education and Support, or “DSMES” for short, also known as Diabetes Self-Management Training, is a health care service. It teaches people with both type 1 and type 2 diabetes how to manage and cope with their diabetes.

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### What do people learn during DSMES?

Some examples of what people learn are:

- How to follow your medication plan
- How to develop and keep up healthy eating habits
- How to check your blood glucose levels
- How to cope and solve daily challenges
- The value of physical activity in controlling your diabetes
- How to reduce your risk for complications from your diabetes

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### Who provides DSMES services?

Nurses, dietitians, pharmacists, doctors and social workers who specialize in diabetes care and management. The different professionals will work together to address your specific needs.

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### I took the Healthy Living with Diabetes community workshop. Should I pursue DSMES?

Yes. The group workshop was an opportunity to learn more about self-managing your diabetes, how to set small goals and successfully accomplish them. DSMES is one-on-one clinical care – an excellent complement.

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### What are the benefits of DSMES?

Research shows that DSMES participation leads to positive changes in your health behavior and diabetes-related outcomes. Benefits can include:

- Improved hemoglobin A1c levels
- Improved control of blood pressure and cholesterol levels
- Higher rates of understanding and following medication orders
- Fewer or less severe diabetes-related complications
- Healthier lifestyle behaviors, such as better nutrition, increased physical activity, and use of primary care and preventive services
- Increased self-confidence
- Decreased hospital admissions

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### I was just diagnosed with diabetes. Can I benefit from DSMES? What if I've had it for a long time? When's the best time for DSMES?

There are several critical points of time to pursue DSMES:

- At the time of diagnosis
- During an annual assessment
- If new health complications occur
- If any changes in life or health occur
- Now! – to further reinforce the skills and strategies you learned in your group workshop.

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## Where could I receive DSMES?

DSMES is provided in a health care or other setting. It can also be provided through telehealth meaning some combination of phone, cell phone, tablet or computer. Settings differ in every county, but generally may include: hospital outpatient departments; medical clinics; pharmacies; or local public health departments.

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## If I have diabetes, is DSMES covered by Medicare, Medicaid or private insurance?

**Medicare:** With a referral from your treating provider, Medicare Part B covers 10 hours of diabetes education during the first year. Once the year is up, Medicare Part B will cover two hours of diabetes education each year with a referral. Your provider can also refer you for Medical Nutrition Therapy. You can have 3 hours of medical nutrition therapy within the first year of diagnosis and at least 2 hours every following year. You can then work individually with a registered dietitian nutritionist to put together a meal plan just for you.

**Medicaid:** Yes, diabetes education is available with ForwardHealth/Badgercare.

**Other health insurance:** Check your policy. Call the company and ask if "diabetes self-management education services" are covered.

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## How can I get the most out of my DSMES sessions?

To get the most from your DSMES sessions:

- Come prepared with a list of questions
- Bring your blood sugar meter or records
- Bring a food record
- Bring a list of all of your medications (include over the counter medications) not just those you take for your diabetes – name, dosage and how often you take each one

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## How do I find a DSMES provider in my area? What if there isn't one?

Ask anyone on your health care team (doctor, nurse pharmacists etc.). With telehealth options, you may not need to live near the DSMES provider. To learn more, visit:

<https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program>



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## For more information about DSMES, visit:

<https://www.cdc.gov/diabetes/dsmes-toolkit/background/index.html>