

DO YOU HAVE DIABETES?



GET THE SUPPORT YOU NEED WITH DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT (DSMES)



DSMES CAN GUIDE YOU TO BETTER HEALTH

Studies show DSMES helps people

- Improve blood sugars
- Improve blood pressure
- Improve cholesterol
- Reduce costs
- Reduce risk of health problems

DSMES IS COVERED BY MEDICARE, MEDICAID, & PRIVATE INSURANCE

Medicare

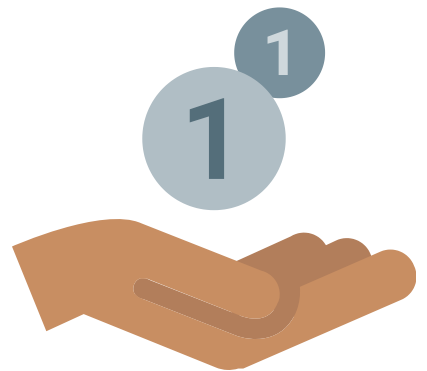
- Up to 10 hours initial support after diagnosis. Two hours annually afterward.

Medicaid

- Up to 3 hours/day, no cap.

Private Insurance

- Varies according to plan.
- Montana-regulated plans cover up to 10 hours initially and up to six hours thereafter.



CALL YOUR INSURANCE PROVIDER TO FIND OUT WHAT YOUR DSMES BENEFIT IS

THERE ARE FOUR KEY TIMES TO RECEIVE DIABETES EDUCATION



1. At diagnosis
2. Annually, or when not meeting treatment goals
3. When there are changes in treatment, diabetes, or health (including changes in medications, stress, other concerns)
4. Transitions like life changes, different doctor, different insurance, etc.

DSMES IS AVAILABLE ALL OVER MONTANA!

Diabetes Care and Education Specialists can help you wherever you are in Montana - in person or via telehealth.

PERSONAL TESTIMONY

"I've never met anyone in diabetes education who did not care. I would always encourage people to go."



**ASK FOR A DSMES REFERRAL FROM YOUR
DOCTOR TODAY**