

# Diabetes Self-Management Training

COMPREHENSIVE CARE CENTER



Frederick Health's diabetes education program, recognized by the American Diabetes Association, will help you gain the knowledge, skills, and confidence to thrive while living with diabetes.

Our classes are led by certified educators and experienced healthcare professionals ready to work with you to find practical solutions that fit your needs. Diabetes education is covered by Medicare and most commercial insurance plans.

## What will you learn?

- How to measure and manage your blood sugar
  - Managing your nutrition, diet, and exercise
  - How to prevent, recognize, and treat acute and chronic complications from your diabetes
  - Behavior change, goal setting, risk reduction, and problem solving
  - Community resources and support
- ...and more!

When should you ask for a referral to the Diabetes Self-Management Training Program?

- When you are diagnosed
- If you have diabetes and have never participated in a diabetes education program
- Annually as part of your preventative care
- When it gets harder to manage diabetes, due to changes in access to food or money, emotional factors (e.g. stress or anxiety), or if new health issues or complications arise
- When starting a new medication
- During major life changes such as new living situations, divorce, or loss of a family member

Ready to take the next step in managing your diabetes?  
Call the Comprehensive Care Center for more information  
at 301-360-2574, or visit [frederickhealth.org/DSMT](https://www.frederickhealth.org/DSMT)

