

Why is **Diabetes Self-Management Education and Support** valuable for you and your patients?



Diabetes is a complex disease that requires ongoing self-management by patients, including making numerous decisions throughout the day, as part of their management and treatment regimen. **Diabetes Self-Management Education and Support (DSMES)**, also known as Diabetes Self-Management Training (DSMT), is an evidence-based service that teaches people with diabetes how to effectively self-manage their diabetes and cope with the disease. DSMES is provided by a **diabetes educator**, a health professional with comprehensive knowledge of the prevention and management of diabetes.

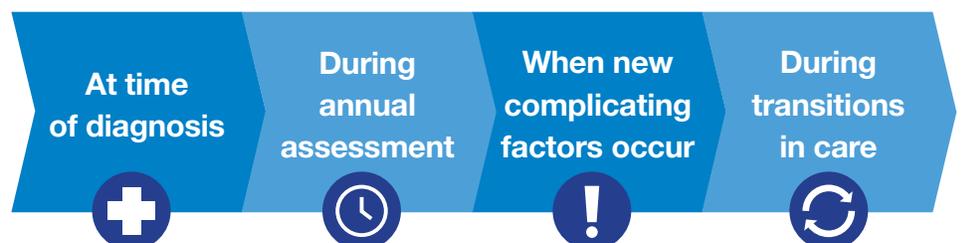
What do participants learn during DSMES?

DSMES services are individualized to the needs of the person living with diabetes.



When is DSMES right for a patient?

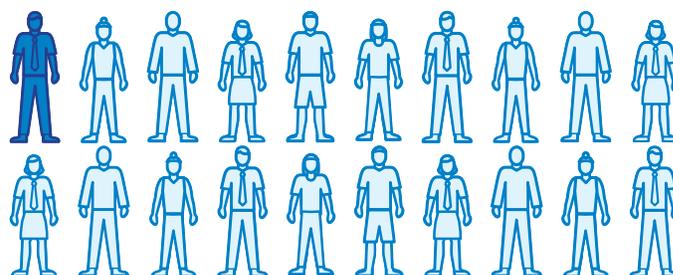
The Academy of Nutrition and Dietetics, American Diabetes Association, and American Association of Diabetes Educators outline **four critical points of time** to refer patients with diabetes to DSMES



How do patients qualify for DSMES?

DSMES is covered by Medicare Part B (the Medicare benefit is called DSMT) and most private health insurance plans. Unfortunately, despite its benefits, only **5% of newly diagnosed Medicare beneficiaries** and **6.8% of patients with private health insurance** receive DSMES services.

Only **1 in 20 newly diagnosed Medicare beneficiaries** receive DSMES



What are the benefits of DSMES?

The health benefits of DSMES are undisputed.

DSMES is associated with improved diabetes knowledge and self-care behaviors, lower weight, improved quality of life, and **lower hemoglobin A1c**.

A **1% reduction in mean A1C levels** has been found to be associated with risk reductions of:

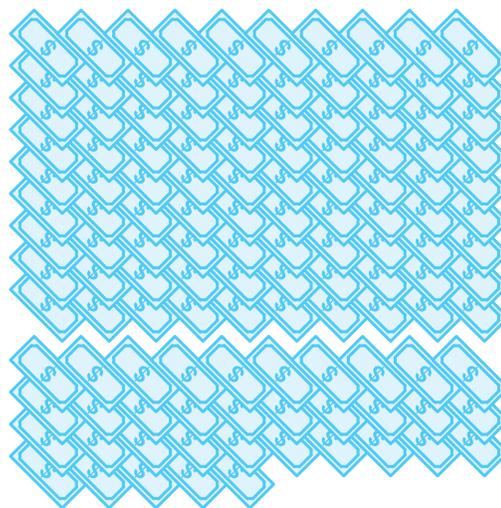
37% for microvascular complications

21% for death related to diabetes

14% for myocardial infarction

DSMES saves money for the Medicare program.

Seniors with diabetes who receive DSMES save the Medicare program **\$135 per month**.



Find a diabetes education program near you.

Learn more at <http://www.diabeteseducator.org/patient-resources/find-a-diabetes-educator>

Health care professionals, health plans and employers should promote and encourage participation in DSMES for all people with diabetes.

Learn more at <http://diabetesadvocacyalliance.org/html/DSMT.html>



Sources:
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