

Get Help Taking Control of Your Diabetes



Join a diabetes self-management program.

Whether you are newly diagnosed with diabetes or have been living with it for years, joining a self-management program can help you better manage your disease.

It's where you can:

- Meet with diabetes care and education specialists to set and track your personalized goals.
- Learn how to fit diabetes care into your life, including what you eat and more.
- Get tools to help build your confidence.
- Learn how to better communicate your needs to healthcare providers.
- Find support from others like you who want to lead healthier lives.

Sign up for a diabetes self-management program near you:

