

## Diabetes Self-Management Education and Support (DSMES) Letter/Email Template for Healthcare Providers

*Customize this template and mail or email to healthcare providers who refer patients to diabetes self-management education and support (DSMES) services.*

Dear [INSERT PROVIDER NAME],

As a healthcare provider, you play a pivotal role in the well-being of Iowans, especially the 11.6% of adults in our state diagnosed with diabetes. By promoting the benefits of diabetes self-management education and support (DSMES), you can further empower your patients and those in your community to improve their quality of life. [I am/We are] writing to request your support, as we work together to create greater access to these vital services.

Evidence-based DSMES equips individuals with diabetes with the knowledge, skills and confidence to make informed health decisions. Whether they are newly diagnosed or have been managing the condition for years, participants of these services report higher satisfaction with their healthcare, better understanding of their condition and more positive health outcomes.

Certified diabetes care and education specialists lead DSMES, with training, counseling and individualized plans to:

- Improve hemoglobin A1C, blood pressure and cholesterol.
- Reduce the frequency and severity of diabetes complications.
- Lower healthcare costs.
- Adhere to treatment plans and medications.
- Eat healthier, stay more active and solve problems.
- Better manage the emotional aspects of diabetes.

Referring your patients to DSMES is simple and can dramatically increase the likelihood of participating and sticking with the new lifestyle changes they learn. It can also help you meet follow-up care guidelines.

The Iowa Department of Health and Human Services (Iowa HHS) shares a wealth of resources on its website to support you in educating and making referrals. At [HHS.iowa.gov/Diabetes](https://hhs.iowa.gov/Diabetes), you will also find guidance and tools to help start a new DSMES program to better serve those in your community who are living with diabetes.

Thank you for your commitment to providing comprehensive care to patients with diabetes. Together, we can empower more Iowans to live healthier, more fulfilling lives and reduce the burden of diabetes in our communities. If you have questions, please do not hesitate to contact [me/us].

Sincerely,

[INSERT NAME, TITLE, ORGANIZATION]