



YOU CAN **THRIVE** WITH DIABETES

Do you want to:

- Improve your blood sugar and A1C levels?
- Keep your blood pressure on target?
- Better manage your cholesterol numbers?
- Save money on diabetes supplies?

The Phelps Health Diabetes Self-Management, Education and Support Program can help!

Diabetes education will help you learn how to manage your diabetes and be as healthy as possible by focusing on seven self-care behaviors:

**Healthy eating • Being active • Monitoring blood sugar
Taking medication • Problem solving • Healthy coping
Reducing risks**

Diabetes educators are experienced healthcare professionals who have special knowledge and skills to help you successfully manage all aspects of your diabetes. Managing diabetes is difficult. Diabetes educators work with you to design a specific plan that includes the tools and support you need.

Diabetes education works. Studies show that diabetes education helps people lower their blood sugar, blood pressure and cholesterol levels. These things help you stay healthier and reduce the risk of diabetes complications.

For more information, contact the Phelps Health Diabetes Self-Management, Education and Support Program at **(573) 458-7314** or email diabeteseducation@phelpshealth.org.



Scan the QR code to learn more about our program!

The best times for diabetes education are:

- When you're diagnosed with diabetes
- As part of your annual assessment of education, nutrition or emotional issues
- When new complications arise
- During changes in your healthcare team or treatment



Phelps Health
GOING BEYOND *better*

PHELPSHEALTH.ORG

