



**CHANGING
THE WAY
YOU SEE
HEALTHCARE.**

**FOR MORE
INFORMATION
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**DIABETES SELF-
MANAGEMENT
EDUCATION
PROGRAM**

Where people with
diabetes take control of
their lives

WHAT IS THIS DSME PROGRAM?

- A 4 part program for people with Type 2 diabetes.
- Recognized by the American Diabetes Association.
- Covered by most insurances.
- Provides skills and tools to better manage blood sugars.
- Reveals tips for preventing or delaying diabetes problems.
- All sessions led by a diabetes educator.



WHAT IS COVERED IN PROGRAM?

- **What is Diabetes?**
- **9 Key Areas of DB Mgmt:**
 1. Diabetes and Your Body
 2. Food and Diabetes
 3. Physical Activity
 4. Monitoring
 5. Medication
 6. Acute Complications
 7. Risk Prevention
 8. Stress and Coping Skills
 9. Goal Setting



MAP AND DIRECTIONS

- All sessions held at UNCH Diabetes and Endocrinology Clinic, 300 Meadowmont Village Circle, Suite 202, Chapel Hill, NC 27517
- Map and directions enclosed.
- Parking located in front of clinic.

