

Now Available for Military Patients!

Virtual Diabetes Self-Management Training (DSMT)

American Diabetes Association Recognized Curriculum
Taught by Certified Diabetes Care & Education Specialists

HIPAA-Compliant Platform – Easy to Use!



4 two-hour virtual classes via MHS Connect through your computer or smartphone.

Tuesdays 1630-1830 EST

Thursdays 1400-1600 EST

Attend from the comfort of your own home!

CLASS 1

Orientation & Diabetes Overview

- Disease process, diagnosis, & self-management principles
- Know your ABC's (A1C, Blood pressure, Cholesterol)
- Important lab tests, meaning of results & goals
- Actions to take in the event of high or low blood glucose

CLASS 2

Shared Decision Making & Nutrition

- Identifying burdens related to diabetes management
- Problem-solving strategies & setting SMART goals
- The impact various foods have on blood glucose
- Strategies to facilitate healthy eating habits

CLASS 3

Diabetes Medication & Physical Activity

- The impact medications have on blood glucose
- Classifications/effects of different diabetes medications
- The big impact physical activity can have in helping manage diabetes
- What to be aware of when exercising when you have diabetes

CLASS 4

Diabetes Complications & Putting it All Together

- Complications & strategies to reduce risks
- Sick day management, coping and stress management.
- All members of the health care team that can help you
- Tools & apps to facilitate lifestyle management

Interested? Let your Medical Point of Contact Know!

Name:

Phone:

Email:



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

Family members can join along with you!