

Now Available for All Military Patients!

Virtual Diabetes Self-Management Education & Support (DSMES)

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.

Attend from the comfort of your own home!

CLASS 1 Diabetes in a Nutshell & Monitoring

1st Tues. or Thurs. of every month

- List behaviors that help you manage your diabetes
- Describe how diabetes affects your body
- Important lab tests, meaning of results & goals
- Understand how monitoring is key to self-managing diabetes

CLASS 2 Healthy Coping & Taking Medications

2nd Tues. or Thurs. of every month

- Identify Diabetes Distress and healthy coping strategies
- Explain your role in diabetes self-management
- Identify medications available to help manage diabetes
- Understand side effects, tips and storage of medications

CLASS 3 Healthy Eating & Being Active

3rd Tues. or Thurs. of every month

- Use the plate method to create balanced meals
- Classifications/effects of different diabetes medications
- Identify sources of carbohydrates & why they affect blood glucose
- List the benefits of physical activity
- Develop a personal activity plan

CLASS 4 Reducing Risks & Problem Solving

4th Tues. or Thurs. of every month

- List common long-term complications associated with diabetes
- State steps to reduce the risks for complications
- Apply problem-solving techniques to help solve diabetes problems
- Demonstrate where to find resources and support to help manage diabetes

Class Schedule

Day of Week	Japan Time (Next Day)	Hawaii Time	Pacific Time	Mountain Time	Central Time	Eastern Time	GMT (Next Day)
Tuesday Every Month	6:30 AM	10:30 AM	1:30 PM	2:30 PM	3:30 PM	4:30 PM	9:30 PM
Thursday Every Month	4:00 AM	8:00 AM	11:00 AM	12:00 PM	1:00 PM	2:00 PM	7:00 PM
Thursday Even Months	9:00 AM	1:00 PM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	12:00 AM

➤ Interested? Let your Medical Point of Contact Know!

Name:

Phone:

Email:



Family members can join along with you!