

Diabetes Self-Management

When to reach out for diabetes education and support:

- At diagnosis
- Annually and/or when not meeting treatment targets
- When complicating factors develop
- When Transitions in life and care occur (including pregnancy)

Benefits of diabetes self-management education:

- Being active
- Healthy coping
- Healthy eating
- Monitoring
- Problem solving
- Reducing risk
- Taking medication

ECHN™ *Diabetes Wellness Center*
Eastern Connecticut Health Network

