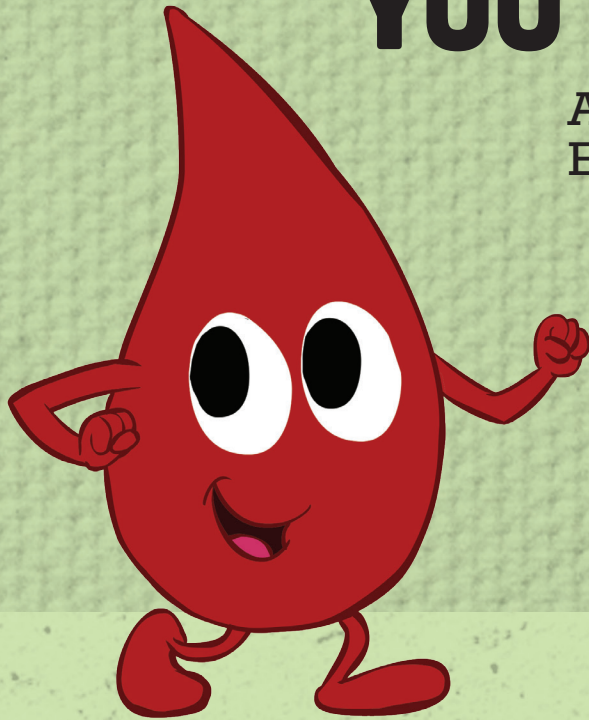


# WORRIED ABOUT YOUR TYPE 2 DIABETES? YOU'RE NOT ALONE!



Attend a diabetes Self-Management Education (DSME) program and **GET HELP** finding solutions to manage your Type 2 Diabetes.

Managing diabetes is a life-long process. **DSME program educators can help you find ways to stay healthy that fit your lifestyle.**

With a referral from your doctor, DSME is covered by Medicare, Medicaid and most insurance plans.

**FOR INFORMATION & RESOURCES:  
DIABETES.IDAHO.GOV**