



THIS MONTH'S TOPIC:

Diabetes Self Management

Let's talk about diabetes management through self care

Diabetes is a serious health problem. It is the 8th leading cause of death in the United States. People with diabetes are more likely to have other health problems like going blind, kidney damage, heart disease, stroke, or even losing a leg or foot.

How You Can Take Care of Your Diabetes

Taking care of your diabetes is something you do every day. You can help your body stay healthy by:

- Eating healthy foods and staying active
- Taking your medicine the way your doctor tells you
- Checking your blood sugar often
- Learning how to keep your blood sugar in a good range

Doing these things can help you feel better and avoid problems later.

Get Extra Help with DSMES

You do not have to do it alone! Taking part in a Diabetes Self-Management Education and Support (DSMES) program can help you live longer and stay healthier. It can also help you stop or slow down problems that diabetes can cause.

7 ways to kickstart your diabetes self care



Healthy Eating



Being Active



Taking Medication as prescribed



Monitoring your blood sugar levels, activity, and eating habits



Healthy coping with diabetes and emotional well-being



Reducing risks to lower the chances of diabetes complications



Problem solving to find solutions and take-action



To learn more on the above behaviors go to [Diabetes Kickstart videos](#)



American Diabetes Association (ADA) offers multiple resources for diabetics and their caregivers in managing health care costs, tools and resources, and help locating resources in your area.

To assist in finding resources in your area go to diabetes.org

The team here at Express Scripts by Evernorth are dedicated to helping you achieve your health and overall wellness goals with the tools and resources we have available.

Please contact us via one of the methods below to get started on the pathway to a happy, healthy life!



Call **1-800-846-4008** to speak with one of our pharmacists



Scan and download the app