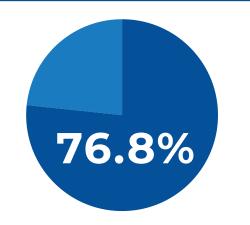
# DIABETES SoonerCare SoonerCare BENEFIT

## FREE Education and Support from Diabetes Expert

## ADULTS · TEENAGERS · CHILDREN



- Lower your AIC level
- Avoid unwanted complications
- Prepare fast and easy healthy meals
- Have fun moving more
- Learn better ways to monitor your blood sugar



# SoonerCare members don't know about this benefit.



## In-Person or Telehealth -

- 1 Hour of Individual Learning (+)
- 9 Hours of Group Learning (=)
- 10 Hours of Services for First Year



After first year, add 2 more hours of individual learning on **diabetes self-management.** 

### Learn more at:

<u>Member DSMES Services Benefit One Pager.pdf</u> (oklahoma.gov)

### Ask your doctor for a referral today.



Beebe, Laura A., PhD; White, Ashley, MPH; Boeckman, Lindsay, MS; Chen, Sixia, PhD. Department of Biostatistics and Epidemiology. Hudson College of Public Health. December 14th, 2022