

SELF-MANAGEMENT

BENEFIT

FREE Education and Support from Diabetes Expert

ADULTS • TEENAGERS • CHILDREN



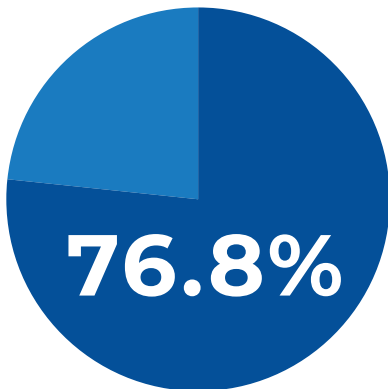
In-Person or Telehealth

- Lower your A1C level
- Avoid unwanted complications
- Prepare fast and easy healthy meals
- Have fun moving more
- Learn better ways to monitor your blood sugar

- 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**.



SoonerCare members don't know about this benefit.

Learn more at:

[Member DSMES Services Benefit One Pager.pdf \(oklahoma.gov\)](#)

Ask your doctor for a referral today.

