



Welcome to Healthy South Texas, Live Well with Diabetes

We are excited about your participation in this interactive course.

The Diabetes Self-Management Education/Support Program is an American Diabetes Association-accredited program designed to help individuals manage their diabetes with minimal impact to their current lifestyle. Our diabetes care team, which consists of registered nurses, registered dietitians, and community health workers, can help you manage your health condition and connect you with valuable community resources.

The Diabetes Self-Management Education/Support Program, upon completion of the class, the diabetes care team will follow up with you at four months and at 8 months to assist you, if needed. Please feel free to contact us during this follow-up period. We are here to help you achieve a healthier lifestyle.

As we begin this course, you will learn about:

- Diabetes as a disease
- Blood glucose monitoring and carbohydrate counting in daily meals
- How to read and understand food labels for meal preparation
- Different types of oral and insulin diabetes medication and administration
- Exercises and habits to help prevent diabetes complications and much more

We look forward to being part of your journey as you learn to manage diabetes successfully. We encourage you to participate in all activities, network with fellow participants and ask questions. Thank you for choosing the Texas AM Healthy South Texas Diabetes Education Program