



Diabetes Self - Management Education Classes

What is Diabetes Self-Management Education (DSME)?

DSME is the ongoing education that teaches those with diabetes the fundamentals of diabetes self care. Patients learn the tools necessary to care for their diabetes as well as how to fit diabetes self-care into their daily routine.

What do the classes cover?

- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem Solving
- Reducing Risks
- Healthy Coping

Does my Insurance cover it?

The Centers for Medicare and Medicaid Services (CMS) as well as many private health insurance plans provide reimbursement for DSME. These patients will require a referral from their physician office. Self pay is also accepted and does not require a referral. Classes offered as individual or group sessions.

When are the classes offered?

Please contact McElroy Pharmacy at **717-626-2222** with questions or to inquire about upcoming class offerings.