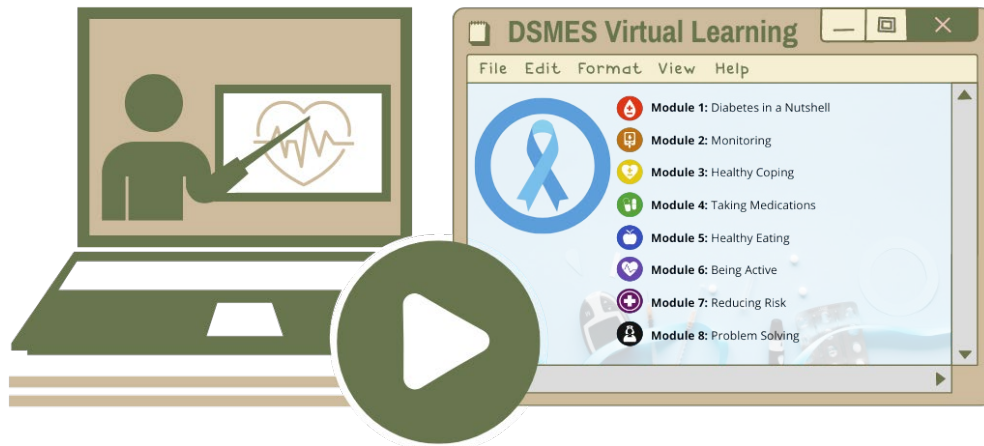


Diabetes Self-Management Education & Support (DSMES) Virtual Classes Available Through Warfighter Wellness

Every tool requires maintenance. There are conditions that must be maintained for that tool to continue to function within a proper range. Your physical, mental and emotional conditions are no different. The Virtual Diabetes Self-Management Education and Support (DSMES) classes exist to give you the tools to help you maintain, optimize and repair your body and mind.



Graphic Illustration by Jonathan Donnelly, Warfighter Wellness – Images courtesy of Adobe Stock

The DSMES program is an American Diabetes Association (ADA) recognized course and is taught by certified diabetes care and education specialists. DSMES is available via the Military Health System (MHS) Video Connect on an easy-to-use platform through your computer, tablet or smartphone that ensures your health information is protected.

The DSMES virtual classes cover a range of topics from *Diabetes in A Nutshell* to *Diabetes Problem Solving*. The classes are compiled of four, two-hour classes that are designed to be self-paced, available to take from the comfort of your home or anywhere that works for you. You can take classes as your schedule permits, in any order. To sign up, talk with your medical home team. An email confirmation will be sent to you with class details. Your family and/or friends are welcome to join as well!

For a full list of available classes and schedule, check out the [DSMES Class Poster](#) and the [DSMES Class Schedule](#).

Visit the Navy and Marine Corps Public Health Center's Warfighter Wellness Chronic Conditions webpage for more information and resources: <https://www.med.navy.mil/Navy-Marine-Corps-Public-Health-Center/Population-Health/Warfighter-Wellness/Chronic-Conditions/>.