The Who, What, When, Where, and Why

Many health professionals can help you learn to manage your diabetes, but the one you want to see is the health professional who has taken the extra step to become certified in diabetes education. Take control today—ask your primary care provider for a referral to a Certified Diabetes Educator (CDE).

Who are Certified Diabetes Educators?
CDEs are health professionals who have demonstrated their knowledge and skill in diabetes self-management education providing at least 1,000 hours of patient education, passing a rigorous exam, and maintaining this highly respected credential in the health care industry.

What do CDEs do?
A CDE is your partner. They work with you to develop a plan and provide the tools you need to manage diabetes on a daily basis.

When should I consult a CDE?
Ask for a referral to a CDE today and during the transitions of important life stages. Ongoing support from a CDE helps you take control and build the skills that can help you feel your best.

Where can I find a CDE?
The National Certification Board for Diabetes Educators (NCBDE), the organization administering the CDE program, offers an online CDE locator service. Visit www.ncbde.org to find a CDE near you.

Why should I see a CDE?
Successful diabetes self-management involves knowledge about a broad range of topics such as healthy eating, how to take medication as directed, fitting in exercise and coping with stress. It’s not easy to gain all of the necessary knowledge alone. With the help of a CDE, you can learn how to effectively manage and improve your health.