



Thrive With Diabetes

Diabetes
Self-Management
Education and Support
(DSMES)



Get Started Now!

Log into the Ramp Health Platform to Schedule an Appointment.

Go to <https://portal.ramphealth.com> or download the app.

Need An Account? Scan the QR code or visit <https://portal.ramphealth.com/#verifyMember/Crown>.



What To Expect



Certified Diabetes Care and Education Specialist (CDCES): Gain access to a CDCES, trained to provide you with the education and skills needed to make managing diabetes fit your life.



Diabetes Self Care: Learn how to monitor your blood glucose levels and manage your diabetes medications.



Navigate Your Support System: Find the right support when you need it most from your doctors, community, family, and friends.



Holistic Approach: Learn how all aspects of your lifestyle, including sleep, exercise, and eating habits, affect your diabetes.



Develop Coping Skills: Address diabetes-related depression and stress to help you stay emotionally resilient and empowered throughout your journey.



On-Demand Access: Easily manage your appointments and message your CDCES between visits for support when you need it most.



Tailored Content: Your Ramp Health app will custom curate content to support your health journey. Look for recipes, diabetes tips and more!

What Can You Discuss With Your CDCES?



- Blood Glucose Monitoring
- Diabetes Medication Management
- Healthcare System
- Coping Skills
- Nutrition
- Exercise
- Stress

Questions? Contact support@ramphealth.com for assistance.