



Diabetes

You Are Not Alone With Diabetes

Join the American Diabetes Support Network

Virtual Community Support Network

Living with diabetes can be hard.

- Some days feel easier than others. You do not have to manage diabetes by yourself.
- Summa Health is working with the American Diabetes Association (ADA) to offer a FREE online support community for people living with diabetes.

This online community can help you:

- Connect with others who also live with diabetes
- Share experiences and feel supported
- Learn simple tips for daily life
- Feel encouraged and motivated

You can join from home using your phone, tablet, or computer. You choose how often you participate. There is no pressure.

Your privacy matters.

This community is closely monitored by the ADA, and your personal information is kept private.

Support Makes a Difference

Join today and take a positive step toward living well with diabetes.

Register Today: Get a FREE Printable Diabetes Guide!

Receive, "How to Thrive: A Guide for Your Journey with Diabetes" from the American Diabetes Association—designed to support you every step of the way.

How to Get Started:

If you are interested, tell your diabetes educator at Summa Health or email diabetescenter@summahealth.org. A Summa Health team member will contact you with more information and help you register.