

# Emotional Support on the Diabetes Journey

Enhance your diabetes journey with a support system that reduces stress and boosts confidence.

## Key Benefits of Personal Support

- **Reduced Stress and Anxiety:** Emotional support can help alleviate stress and anxiety associated with diabetes.
- **Improved Adherence to Treatment Plans:** Informational and social support can motivate you to stick to your treatment plan.
- **Enhanced Self-Efficacy:** Moral support can boost your confidence in managing your diabetes.

## Building a Supportive Network

- **Communicate Openly:** Share your feelings, concerns, and challenges with loved ones, healthcare providers, and other people with diabetes.
- **Join Support Groups:** Connect with others who understand your experiences and can offer advice and encouragement.
- **Seek Professional Help:** Consider talking with a therapist or counselor to address emotional challenges.
- **Utilize Online Resources:** Explore online forums, social media groups, and diabetes organizations for information and support.



## Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we’re committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively.

**We’re committed to your health. Contact us today for more information.**

The Advanced Diabetes Supply Group

**Advanced Diabetes Supply**  
Website: [www.advanceddiabetessupply.com](http://www.advanceddiabetessupply.com)  
Patient Support: 1-866-422-4866  
Email: [customer care@northcoastmed.com](mailto:customer care@northcoastmed.com)

**US MED**  
Website: [www.usmed.com](http://www.usmed.com)  
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