



## Meet Coach Beverly Thomassian RN, MPH, CDCES, BC-ADM

Coach [Beverly](#) is a working educator who has passed her CDCES Exam 6 times. She is a nationally recognized diabetes expert for over 25 years.

As president of Diabetes Education Services, Beverly Thomassian believes that we can improve diabetes care through education, advocacy, and curiosity. As a diabetes coach, she promotes excellence in care through her live courses and webinar presentations.

Beverly is a Diabetes Nurse Specialist and is Board Certified in Advanced Diabetes Management. She is an Associate Clinical Professor at the University of California, San Francisco, (UCSF) and a visiting professor at CSU, Chico.



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“We invite you to join our community of health care professionals who are passionate about improving diabetes care through education and advocacy. We are excited to share our Online University filled with quality courses that are self-paced and can be viewed On-Demand.

Fulfill your CEU requirements, prepare for certification, refresh or broaden your knowledge and skills while keeping current with the latest in diabetes.”



To view our courses on-the-go, download our **FREE CDE® Coach App** from your app store or Google Play.



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10 STEPS TO  
SUCCEED

“We believe in your success!”  
[www.DiabetesEd.net](http://www.DiabetesEd.net)

**All articles & linked resources available on our [10 Steps to Succeed Page](#)**

**☐ STEP ONE**

Meet [Eligibility Requirements](#)

Professional license for at least 2 years as a RN, RD, PT, PharmD, PA, MD (and others) plus 1000 hours of Diabetes Self-Management Education (DSME)

**☐ STEP TWO**

Assess your knowledge

We want to help you create the perfect study place. Assess your Diabetes Knowledge with these resources:

- [CDCES Exam Content Outline](#)
- [AADE Diabetes Education Review Guide](#)
- [Test Taking Toolkit](#)

**☐ STEP THREE**

Review [Standards of Care](#)

As a Diabetes Educator, you'll want to be familiar with the national goals of care and position statements. The Standards of Care are important not only for the exam, but for your own clinical practice.



**☐ STEP FOUR**

Build Your Study Plan

Once you have identified areas where you want to focus your study time, it's time to build a study plan! Check out these popular approaches:

- [Join a Live Seminar](#)
- [DiabetesEd Online University Courses](#)
- [Hit the books - Purchase the Desk Reference and Review Guide](#)

**☐ STEP FIVE**

Diabetes Medications & Insulin

To gain an understanding of diabetes medications and insulin therapies to treat hypertension and lipids. We recommend these resources:

- [Diabetes Meds and Insulin PocketCards](#)
- [Blood Pressure, Cholesterol](#) and [Neuropathy Meds Cheat Sheets](#)
- [AADE Continuous Sub-Q Insulin Infusion](#)
- [Technology Toolkit](#)

**☐ STEP SIX**

Download the free CDE® Coach App



You can [download](#) the app from your app store or google play.  
[www.MyCDECoach.com](http://www.MyCDECoach.com)

*The use of DES products do not guarantee successful passage of the CDCES exam. NCBDE does not endorse any preparatory or review materials for the CDCES exam, except for those published by NCBDE."*

**☐ STEP SEVEN**

Understand the Philosophy

It is important to be familiar with the philosophy behind how to approach diabetes self-management education and the exam.

- [The Scope of Practice and Standards of Professional Performance for Diabetes Educators \(2011\)](#).
- [Diabetes Self-Management Education and Support in Type 2 Diabetes](#)

**☐ STEP EIGHT**

Complete the CE Requirement

Applicants must complete a minimum of 15 clock hours of continuing education.

- [Earn CEs through Online Courses](#)
- [Join our DiabetesEd Specialist Course](#)

**☐ STEP NINE**

Prepare for Test Taking Day!

Set yourself up for success. Arrive early and get a good night's sleep. Eat a healthy breakfast. Visualize yourself feeling confident and prepared. Join Coach Beverly's Test Taking Coach Session for extra tips and recommendations.

**☐ STEP TEN**

**CELEBRATE!**

[Share your CDCES Success Story!](#)