



25  
years

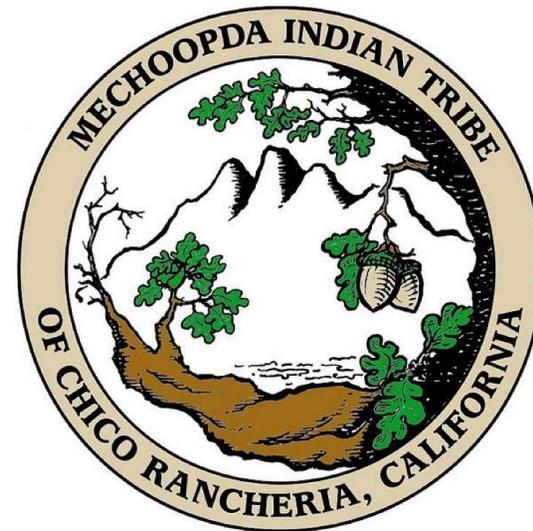
# Diabetes Certification for Pharmacists: Step-by-Step

Co-Presented by Beverly Thomassian, RN, MPH, BC-ADM, CDCES  
President, Diabetes Education Services

Diana Isaacs, PharmD, BC-ADM, BCACP, CDCES, FADCES, FCCP  
Endocrinology Clinical Pharmacy Specialist, Cleveland Clinic

# Land Acknowledgment

- ▶ We acknowledge and are mindful that Diabetes Education Services stands on lands that were originally occupied by the first people of this area, the Mechoopda, and we recognize their distinctive spiritual relationship with this land, the flora, the fauna, and the waters that run through this area.



# Course Objectives

**OUR SPEAKERS**



**Dr. Diana Isaacs, PharmD, BCPS, BC-ADM, BCACP, CDCES, FADCES, FCCP**  
Endocrine Clinical Pharmacy Specialist  
Director, Education & Training in Diabetes Tech



**COACH BEVERLY THOMASSIAN, RN, MPH, CDCES, BC-ADM**  
Founder and CEO, Diabetes Education Services

*Free webinar*  
**Diabetes Certification for Pharmacists**  
Learn how you can achieve CDCES or BC-ADM certification & advance your expertise!

**Airs Feb. 19<sup>th</sup>, 2026 at 11:30 am PST**



- ▶ A clear comparison of CDCES vs. BC-ADM and which pathway fits your role and goals.
- ▶ Step-by-step guidance on eligibility, hours, application, and exam prep.
- ▶ Strategies to build confidence in achieving diabetes certification.
- ▶ Insights on how certification can expand your scope and career options.
- ▶ A behind-the-scenes look at how our resources and online university supports pharmacists from start to certification.



### **What is a Certified Diabetes Care and Education Specialist?**

A **Certified Diabetes Care and Education Specialist** (CDCES) – formerly known as a CDE – is a healthcare professional who possesses comprehensive knowledge of and experience in diabetes prevention, prediabetes, and diabetes management. A CDCES educates, supports, and advocates for people affected by diabetes, addressing the stages of diabetes throughout the lifespan. A CDCES promotes self-management to achieve individualized behavioral and treatment goals that reduce risks and optimize health outcomes. CDCESs have passed a rigorous exam to show they have this specialized knowledge.



### **What is Board Certified in Advanced Diabetes Management?**

The **Board Certified in Advanced Diabetes Management** (BC-ADM) credential recognizes advanced expertise in diabetes management for licensed healthcare professionals such as dietitians, nurses, pharmacists, and physician assistants. It signifies proficiency in areas like medication management, including insulin adjustment, interpreting diagnostic tests, developing individualized care plans, and managing complex diabetes cases.

BC-ADM-certified professionals provide advanced, evidence-based care to improve outcomes for individuals with diabetes. Certification requires a minimum of 500 clinical practice hours, a valid license, and is maintained through continuing education or re-examination every five years.

<https://www.sarahormachea.com/>

# CDCES vs BC-ADM

## CDCES

- Supports and educates people with prediabetes and diabetes to understand and self-manage
- Individualize behavior and treatment goals to optimize health outcomes.



## BC-ADM

- Requires Master's degree
- Management of diabetes and comorbidities
- Increased complexity of decision making



# CDCES vs BC-ADM

Showcase your Expertise in Diabetes Care, Education, and Management  
Initial Certification

	CDCES	BC-ADM
		
Overview	<p>CDCESs educate and support people affected by diabetes. They help people and their families:</p> <ul style="list-style-type: none"> <li>• Understand and manage the condition</li> <li>• Achieve behavioral and treatment goals</li> <li>• Optimize health outcomes</li> </ul>	<p>BC-ADM holders manage complex patient needs*:</p> <ul style="list-style-type: none"> <li>• Assist people at risk for and with diabetes and other cardiometabolic conditions with therapeutic problem-solving</li> <li>• Adjust/prescribe medications</li> <li>• Treat and monitor acute and chronic complications and other comorbidities</li> <li>• Counsel on lifestyle modifications</li> <li>• Address psychosocial issues</li> <li>• Participate in research and mentoring</li> </ul> <p>*Within their discipline's scope of practice and licensure</p>
Qualifying Disciplines	<p>Registered &amp; Advanced Practice Registered Nurse Registered Dietitian/Registered Dietitian Nutritionist (RD/RDN) Pharmacist PA Physician (MD/DO) And others (see website or handbook)</p>	<p>Registered &amp; Advanced Practice Registered Nurses Registered Dietitian/Registered Dietitian Nutritionist (RD/RDN) Pharmacist PA Physician (MD/DO)</p>

[www.cbdce.org](http://www.cbdce.org)



25

## CDCES & BC-ADM EXAM REQUIREMENTS

### Requirement

### CDCES Exam

### BC-ADM Exam

Education	n/a	Master's or higher degree in a clinically relevant area
Experience	<ul style="list-style-type: none"> <li>• 2 years of general work experience</li> <li>• 1000 hours of diabetes care and education in up to 5 years, with 200 hours in last 12 months</li> </ul>	500 hours of clinical practice in advanced clinical diabetes management in up to 48 months (clinical hours must be earned after advanced degree obtained)
Continuing Education	15 hours applicable to diabetes within 2 years before applying	n/a
Exam Structure	175 multiple-choice items, includes 25 pre-test, unscored items. Time to test: 4 hours.	175 multiple-choice items, includes 25 pre-test, unscored items. Time to test: 3-1/2 hours.
Major Exam Content Areas (# of Questions)	<ul style="list-style-type: none"> <li>• Assessment (37)</li> <li>• Care and Education Intervention (105)</li> <li>• Standards and Practices (8)</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment and Diagnosis (45)</li> <li>• Planning and Intervention (50)</li> <li>• Evaluation and Follow-Up (34)</li> <li>• Population Health, Advocacy, and Professional Development (21)</li> </ul>

# True or False Questions

- ▶ CDCES is comprised of 200 multiple choice and true and false question?
- ▶ **BC-ADM exam is comprised of 175 multiple choice questions?**
- ▶ Both exams require a brief essay of explanation at the end?



# Coach Bev's Journey

## Achieving Certification

1992 – Passed CDCES Exam,  
Health Education Mgr at HMO

1994 – Hired as Inpatient Diabetes  
Specialist at Stanford Hospital

1998 – Started consulting company  
Diabetes Education Services to help  
health care professionals achieve  
certification

1998 - current: Run local diabetes  
programs inpatient, outpt, HIS clinic

2001 – Passed BC-ADM exam

Keep expanding knowledge

## Maintaining Certifications

**CDCES Exam** – Sit for exam every 5 years to  
be familiar with exam philosophy.

- ▶ Have passed exam 7 times, sit for 8<sup>th</sup> time  
in 2027

- ▶ Renew through CEs or Exam

- ▶ **BC-ADM Exam** – Sat for exam twice, then  
policy changed.

- ▶ Renew every 5 years by completing:

- ▶ CE activities (75 CE's)

- ▶ Academic Credits

- ▶ Presentations

- ▶ Publication & Research

- ▶ Preceptor / Mentor

- ▶ Professional Service



# Coach Bev's Recent Roles

## ▶ Hospital Based Program Manager

- Inpatient diabetes management
- ADA recognized outpatient program
- Outcome measurement
- Training of staff
- Policies and procedures
- Teach classes
- Write articles

## Rural Clinic Diabetes Specialist

- Consultant to providers and colleagues
- Cardiovascular risk management
- Work on process improvement
- Starting support group
- Staff training
- Medication adjustments
- Case management



# Diana Isaacs and her Certification Journey



Diana Isaacs, PharmD, BCPS, BC-ADM, BCACP, CDCES, FADCES, FCCP, Endocrinology Clinical Pharmacy Specialist

## Learn More About Diana Isaacs

“Diana Isaacs, PharmD, BCPS, BC-ADM, BCACP, CDCES, FADCES, FCCP is an Endocrinology Clinical Pharmacy Specialist. She serves as the Co-Director of Endocrine Disorders in Pregnancy and the Director of Education and Training in Diabetes Technology at the Cleveland Clinic Endocrinology and Metabolism Institute.

Dr. Isaacs holds board certifications in pharmacotherapy, ambulatory care, and advanced diabetes management. She served on the American Diabetes Association (ADA) Professional Practice Committee from 2020-2023, the committee that updates the ADA Standards of Care. She also was the ADA Communications Director for the Pregnancy and Reproductive Health Interest Group from 2018-2022. She has been actively involved with the American Association of Clinical Endocrinology (AACE) and currently serves on the leadership of the Diabetes Disease State Network.”

# Diana Isaacs Diabetes Journey

## Achieving Certification & Beyond

2009 – Graduated pharmacy school, SIUE

2010 - Pharmacy Residency with Ambulatory care focus at the Philadelphia VA

2011- Worked in a Primary Care Clinic within the VA System, started gaining diabetes hours to sit for exam

2013- Passed BC-ADM exam

2014- Passed CDCES exam

2016 – Joined Cleveland Clinic, became CGM Program coordinator, then co-director of endocrine disorders in pregnancy and now Director of Education & Training in Diabetes Technology

2017- Became President of Ohio ADCES, started speaking more nationally, joined several ADCES and ADA Committees

2019- Awarded ADCES Diabetes Care and Education Specialist of the Year

2019- Started getting invited to different speaker's bureaus for diabetes tech and pharma companies

2020-Joined Beverly Thomassian's team and presented at the Diabetes Ed conferences

2020-2023, ADA Professional Practice Committee (updates Standards of Care)

2022, Started podcast, "Diabetes Dialogue"

2022, Inaugurated into SIUE Alumni Hall of Fame for contributions to diabetes care

2021-2024: ADCES Board of Directors

2026-current: AACE Board of Directors

## Maintaining Certifications

**CDCES Exam** – Renewed once by CE credits and more recently by retaking the exam

**BC-ADM Exam** – Renewed twice, was audited once. 😊

# Diana's Recent Roles

## ▶ Endocrine Clinical Pharmacy Specialist

- Prescriber role
- Management of T1D, T2D, GDM
- Introduce people to diabetes tech
- Train on pumps and adjust settings
- Treat and prevent CV and CKM complications
- Precept residents, students

## Professional Organizations

- Speaker: APhA, ASHP, ACCP, ADA, ADCES
- Committees: Education, Research, Conference Planning, Disease State Network, PRN's, Board of Directors
- Guideline writing: Pregnancy, Diabetes Technology, Standards of Care-ADA, AACE Clinical Practice Guideline Oversight

## Consulting

- Advisory boards: ketone monitoring, CGM, hypercortisolism, connected pens, insulin pumps
- Non-profits: Diatribe, Diabetes Sisters, T1D Exchange, Beyond Type 1
- Speaker's Bureaus

# How to Get Your Clinical Hours

1

## Document your clinical hours providing diabetes care

- Counseling people with diabetes.
- Helping with discharge planning.
- Med reconciliation

2

## Volunteer in Community Health Programs or Diabetes Camp

Local diabetes prevention or management programs, such as YMCA's Diabetes Prevention Program  
Diabetes Camps  
Health Fairs

3

## Join ADCES Get involved in your state coordinated body or Local Networking Diabetes Groups

Networking with DCE's and pharmacists in your area can lead to opportunities to gain hours and possible future employment.

4

## Join Diabetes Support Groups

Facilitate or assist with support groups in person or online to provide guidance and share educational resources.

5

## Help with managing Diabetes Technology

- Help with even train other healthcare professionals about aspects of diabetes management.

# Tyler's Journey to Gain his CDCES/BC-ADM

I did it because I wanted to show my value. Pharmacists are often told we need to 'prove' our worth since we don't typically generate revenue, and being an expert in a specialty adds another layer. I'm actively putting in the work to give more than just drug facts. I want to help the whole disease state and the person at the center—not just manage medications and stop there. It's comprehensive care, and certifications like CDCES and BC-ADM allow me to be comprehensive on multiple fronts."

*-Tyler Whitaker, Pharm.D., BC-ADM, CDCES*

“

*My original job description wasn't directly related to diabetes management.*



Tyler Whitaker,  
Pharm. D., BC-ADM, CDCES

"I started in outpatient case management, doing medication review, education, and cost savings as a single-touch pharmacist while nurses handled the rest. But as our team became more proactive in diabetes care and CGM use increased, my role naturally expanded from being the 'drug guy' to helping with technology, interpretation, and ongoing support for patients.

When other team members left, and the telephonic diabetes management program risked falling apart, I decided, best I could, to wear all the hats I could rather than let it collapse. Nearly two years later, it's just myself and a consistent health coach managing adults in our health system who choose to engage with us. We've had great outcomes and so much attention that the health system is actively trying to duplicate the model and 'have a Tyler in every office.'

# Exam Fees and Details CDCES vs BC-ADM



## 25 CDCES & BC-ADM EXAM REQUIREMENTS

Requirement	CDCES Exam	BC-ADM Exam
<b>Certification Fees</b>	<b>Certification Fees:</b> <ul style="list-style-type: none"> <li>\$350</li> </ul> <b>Practice Exam Fee \$55</b>	<b>Certification Fees:</b> <ul style="list-style-type: none"> <li>\$600 ADCES members</li> <li>\$900 Nonmembers</li> </ul> <b>Practice Exam Fee</b> <ul style="list-style-type: none"> <li>\$39 ADCES Members</li> <li>\$59 Nonmembers</li> </ul>
<b>Exam Content</b>	<b>Time Allotted: 4 hours</b>  <b>175 Multiple Choice Questions on (150 scored and 25 pre-test):</b> <ul style="list-style-type: none"> <li><b>Domain 1:</b> Assessment of the Diabetes Continuum (37)</li> <li><b>Domain 2:</b> Care &amp; Education Interventions (105)</li> <li><b>Domain 3:</b> Standards &amp; Practices (8)</li> </ul>	<b>Time Allotted: 3.5 hours</b>  <b>175 Multiple Choice Questions on:</b> <ul style="list-style-type: none"> <li><b>Domain 1:</b> <u>Assessment and Diagnosis</u> (45)</li> <li><b>Domain 2:</b> <u>Planning and Intervention</u> (50)</li> <li><b>Domain 3:</b> <u>Evaluation and Follow-Up</u> (34)</li> <li><b>Domain 4:</b> <u>Leadership and Advanced Professional Practice</u> (21)</li> </ul>
<b>Eligibility &amp; Resource Page</b>	<b><u>Preparing for the CDCES Exam – FREE Webinar &amp; Resource Page</u></b>	<b><u>Preparing for the BC-ADM Exam – FREE Webinar &amp; Resource Page</u></b>

# True or False Questions

- ▶ CDCES's need 1000 hours of diabetes self-management experience within 4 years to apply for the certification exam? **False**
- ▶ For CDCES or BC-ADM, certificants are required to renew certification by retaking the exam and completing required CEs? **False**
- ▶ BC-ADM is renewed every 10 years by submitting proof of providing advanced level care? **False**



# Q & A - What you are Hoping To Learn

## Certification Questions

- ▶ Info to take back to pharmacy students in April.
- ▶ I hope to learn the steps involved in getting a CDCES
- ▶ How to prepare for the CDCES certification test.
- ▶ Difference in advantages of CDCES vs BC-ADM
- ▶ Benefits of being a pharmacist and a CDCES
- ▶ How to log practice hours if you're a retail pharmacist
- ▶ How to set up DSMES in Retail Pharmacies

## Clinical Knowledge

- ▶ Strengthen my current knowledge on diabetes in order to pass my exam and apply it to my health care profession!
- ▶ Know more about diabetes medications
- ▶ GLP1 RA & GLP1 and GIP
- ▶ How to decide the order of starting treatment for patients with DM
- ▶ More info on CGMs
- ▶ How to help others

# Virtual Training – Perfect for Certification



## Virtual DiabetesEd Training Conference

 April 15-17<sup>th</sup>, 2026

**30+ CE Credits through AMA PRA Category 1 Credits™, ACPE, ANCC, and CDR!**

See registration page for more details



**Dr. Diana Isaacs**

PharmD, BCPS, BCACP,  
CDCES, BC-ADM,  
FADCES, FCCP



**Beverly Thomassian**

RN, MPH, CDCES,  
BC-ADM



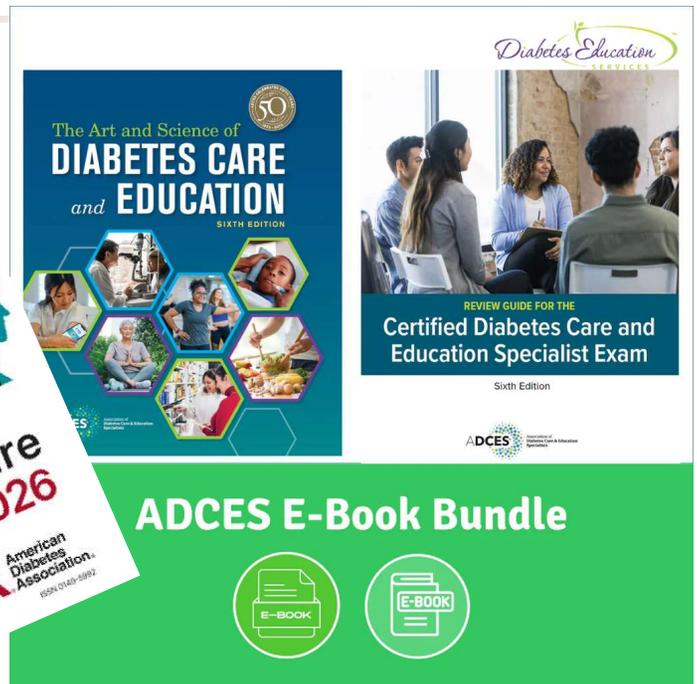
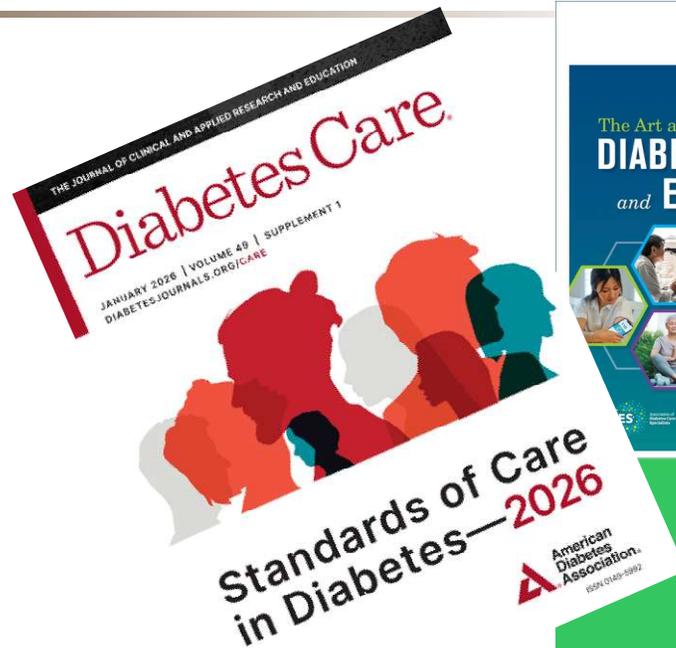
**Christine Craig**

MS, RDN, CDCES

**Cert. Exam Prep | Real-World Clinical Skills | Expert-Led Sessions | Latest ADA Standards | 1 Year On-Demand Access**

# Create a Study Path for Success

1. Consider creating a professional pathway to becoming a CDCES or BC-ADM
2. Diabetes Specialists improve care for individuals and communities.
3. Seek out resources that can help you on your journey.



# CDCES & BC-ADM Resource Page



Online Courses ▾ Exam Resources ▾ Free! ▲ Events About Us ▾ Blog ▾



## Free!



### Free Webinars

- FREE Webinars Catalog
- Test Taking Practice Exam Sample Questions Toolkit
- CDCES Prep Webinar & Resources**
- BC-ADM Prep Webinar & Resources**
- Diabetes Certification for Pharmacists Webinar & Resources
- So, You Didn't Pass the CDCES Exam
- Strategies to Revitalize your Diabetes Program or Business
- Mindfulness Webinar for Diabetes Specialists

- Language that Respects the Individual and Imparts Hope
- Behavior Change Theory Made Easy
- Health Impact of Adverse Childhood Experiences
- From the Gut to the Butt | Exploring the GI System
- 3 Steps to DeFeet Amputation
- Disaster Preparedness and Travel Tips for People with Diabetes
- Testimonials | Live Webinars



### Downloadable Resources

- Cheat Sheets for Diabetes**
- Rocketcards | Insulin & Diabetes Meds**
- CDCES Coach App** - FREE Download
- DiaBingo | Diabetes Bingo for FREE

**DigitalStudio™ On Demand** **READY TO WATCH**

## Behavior Change Theories Made Easy

For all health care professionals who are coaching individuals to support healthier self-management or taking the Diabetes Certification Exams.

### Discover Advanced Specialty Topics

More info. at [www.DiabetesEd.net](http://www.DiabetesEd.net)

**DigitalStudio™ On Demand** **READY TO WATCH**

## What We Say Matters

### Language that Respects the Individual & Imparts Hope

**FREE Webinar (No CEs) or Earn 0.5 CE for \$19**

More info. at [www.DiabetesEd.net](http://www.DiabetesEd.net)

[www.DiabetesEd.net](http://www.DiabetesEd.net) > FREE >

## Articles to Read to Prepare for BC-ADM Exam

### — Articles to Read to Prepare for BC-ADM Exam

**ADA Standards of Care 2026** – This yearly publication by the American Diabetes Association outlines the national goals of care based on the latest research for diabetes management. This is one of the most important guidelines to read as a Certified Diabetes Care and Education Specialist.

- **Purchase a copy of the ADA Standards of Care 2026 book**
- **Purchase a copy of the ADA Standards of Care 2026 book**
- **Summary of Revisions: Standards of Care in Diabetes 2026** – The 2026 Standards of Care includes revisions to incorporate person-first and inclusive language. Efforts were made to consistently apply terminology that empowers people with diabetes and recognizes the individual at the center of diabetes care.

**Pharmacologic Approaches to Glycemic Treatment in 2026** – This ADA/EASD hyperglycemia road map details strategies to improve glucose management for both Type 1 and Type 2 Diabetes. *Section 9 of Standards of Care, 2026*

**Coach Beverly's Diabetes Cheat Sheets** – Our Diabetes Cheat Sheet page is brimming with useful information for your clinical practice and exam success. We update these sheets at the beginning of each year, based on the ADA Standards of Care and the latest evidence. Our cheat sheets cover topics such as:

- Clinical References, Meds & Exam Study Sheets
- Medication Pocketcards
- Diabetes Tech Resources
- Nutrition Information
- Person-Centered Coaching
- Teaching Sheets for People with Diabetes
- Diabetes Apps

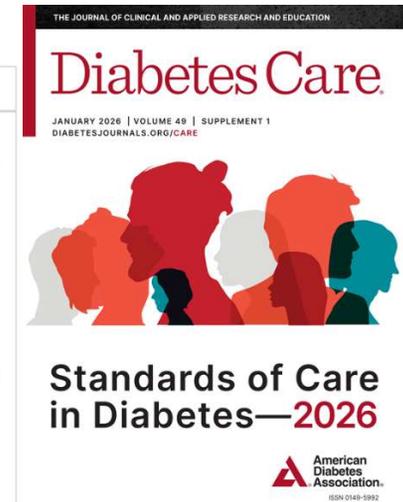
A few highlights

1. **Screening and Diagnosis of Diabetes Mellitus 2026** – One-page cheat sheet that summarizes screening, risk status, and diagnostic criteria for diabetes. Great for your office and as a study tool.
2. **Med Cheat Sheets | Cholesterol and Hypertension Medications 2026** – These summary sheets are helpful for your clinical practice and preparing for certification exams. For exam success, be familiar with the general concepts, (side effects and precautions) of these medications.
3. **Landmark Studies** – a short cheat sheets that highlights the major diabetes trials and the significant findings.

### **Language & Diabetes. What we say matters | Resource page**

Language is powerful and can have a strong impact on perceptions as well as behavior. This mini webinar and article provide recommendations for the language used by health care professionals and others when discussing diabetes through spoken or written words whether directed to people with diabetes, colleagues, or the general public, as well as research questions related to language and diabetes.

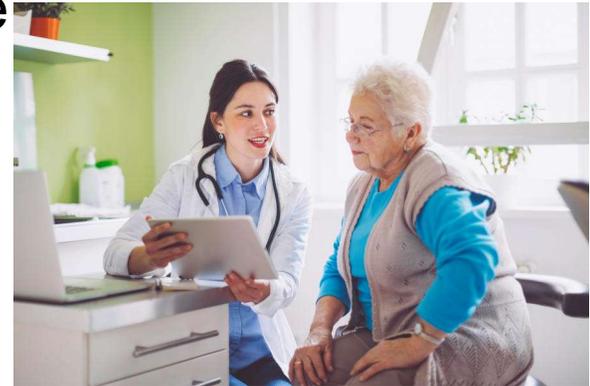
**ADCES 7™ Self-Care Behaviors** – A must-read for anyone entering the field of Diabetes or as a reference for those already in the field. These 7 Self-Care Behaviors™ provide a framework for patient-centered diabetes self-management education and training (DSME/T) and care.



# CDCES and BC-ADM Exam Philosophy

The certification exams include which of the following philosophies?

- A. Motivate people to achieve compliance
- B. Empower individuals to improve diabetes self-management
- C. Consider individuals needs, goals and life experiences
- D. Help all people with diabetes achieve an A1C less than 7%
- E. Collaborate and provide ongoing care



# Getting Ready Exams

## ▶ **Filling gaps in Foundational Knowledge**

- ▶ Resources for exam prep for the CDCES exam typically provide foundational information, e.g. national standards, medication use and teaching skills.
- ▶ While they are not the focus of the BC-ADM<sup>®</sup> exam, foundational knowledge is helpful for meeting some of the content listed in the exam content outline.

## ▶ **Filling gaps in advanced management knowledge**

- ▶ Knowing the American Diabetes Association's Standards of Care in Diabetes and other guidelines for management of diabetes and other comorbidities is critical.
- ▶ Regional activities updating primary care providers in diabetes are also good sources for reviewing current practice standards.
- ▶ You can search online to see if any specific continuing education activities are available on topics of interest.



*Handbook*



# Suggested Study Steps



1. Do a self-evaluation of current knowledge and skills in advanced diabetes management to identify any gaps.



2. Determine how to best fill those gaps in knowledge.

- ▶ The BC-ADM<sup>®</sup> exam measures both foundational knowledge such as interviewing and teaching techniques, but the major focus is on
- ▶ clinical management: physical assessment, pharmacology, complications, and comorbidities.

*Handbook*



# Sample Question 1

- ▶ A healthy adolescent with 2 year history of type 1 DM returns for a quarterly appt. For the past month, they have experienced abdominal pain and diarrhea after some high carb meals. An advanced diabetes manager's first intervention is to order a:
  - A. 72-hour fecal fat collection
  - B. Transglutaminase Autoantibody Test
  - C. Colonoscopy
  - D. Stool Sample



## Sample question 2

- ▶ A 54-yr-old, BMI 32 with type 2 diabetes, A1c 8.3%, history of HTN with a UACR of 38mg/g and GFR of 49. Meds include Glipizide, Metformin and levothyroxine. Given his risk status, which 3 classes of meds should they be taking according to ADA Standards?
  - a. ARB, statin, SGLT-2 Inhibitor
  - b. Insulin, aspirin and ACE Inhibitor.
  - c. TZD, ARB and bolus insulin.
  - d. Beta blocker, stop metformin and add statin.



# Test Taking Tips

- ▶ Try not overanalyze or “read into” a question. Questions are not written to be tricky.
- ▶ Avoid adding in additional information beyond what is given in the test question. All information necessary to answer the question will be given in the text of the question or scenario.
- ▶ Remember that this is an international test. The questions will be based upon an accepted knowledge base. Choose options that you know to be correct in any setting.
- ▶ When guessing, use the process of elimination. Treat each option as a true or false statement and eliminate those that you would not select.
- ▶ Budget your time. 3.5 hours to complete 175 questions.
- ▶ Skip difficult questions and come back to them later. Questions on the test are not ordered by difficulty (i.e., they do not go from easiest to hardest).
- ▶ Also, content areas (the domains) and topics are addressed randomly in questions throughout the test

# Study Tools – Take as many tests as possible Test Taking Tips Free Webinar



Test Taking Practice Exam  
Toolkit | Webinar + 220  
Sample Practice Test  
Questions

\$ 49.00

Quantity  1

Add to Cart

Quantity Discount	Discount
Buy 3 +	15% Off

- On-Demand course, reviews a sampling of the questions and explains how to dissect the question, eliminate the wrong answers and avoid getting lured in by juicy answers.
- 220 questions in total divided into Four 50+ computerized quizzes. These quizzes include clinical practice exam questions that provide vignette-style situations and
- other critical content that will prepare you for the actual exam.

# Managing Test Anxiety

- ▶ Measures to reduce your stress during the examination.
- ▶ Deep-breathing techniques and be sure to stretch your muscles periodically to reduce both physical and mental stress.
- ▶ If necessary, take a few minutes to imagine a calm, pleasant scene, and repeat positive phrases.



- ▶ Eat well, avoid too much alcohol, and maintain a regular sleep pattern for several days before the examination to help you to be physically prepared.
- ▶ Also, on the day before you take the test, collect all the supplies you will need and choose comfortable clothing.

*Handbook*



## New CDCES Coach App – Download Yours Today!



**Diabetes Education SERVICES**

**DOWNLOAD SUCCESS**  
WITH OUR **CDCES COACH APP**

**"IT'S LIKE HAVING A COACH IN YOUR POCKET!"**

**FREE APP Download**

- Fresh new design—faster performance + easier navigation
- All your go-to tools: quizzes, PocketCards + clinical resources
- One-click to free webinars, cheat sheets + study materials
- Available on mobile, tablet + desktop-friendly
- Still 100% FREE

**FREE POCKETCARDS Download**

**DiabetesEd.net**

The CDCES Coach app equips you with certification exam study tools and clinical resources- right at your fingertips!

Download on Apple Store

Download on Google Play

### Download our New CDCES Coach App Today!

#### ✦ Fresh new design with easier navigation.

- Forums to connect with your peers
- Instant access to blogs and news
- Question of the Week Notification
- Quizzes *with* rationale for in-app purchase

#### 🧠 One-click access to go-tools tools including:

- Medication PocketCards
- Cheat Sheets
- Standards of Care
- Webinars
- Study materials

#### 📱 Works on all devices:

- mobile, tablet, and desktop-friendly

### New Quizzes with Rationale for In-app Purchase Option

✦ 25 Practice Test Questions *with* Rationale – Only \$9.99! ✦

You have been asking for it, and we have delivered.





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**Our course CE credits are through the following accrediting bodies:**

- American Medical Association (AMA) PRA Category 1 Credits™,
- Accreditation Council for Pharmacy Education (ACPE),
- American Nurses Credentialing Center (ANCC)
- Commission of Dietetic Registration (CDR)



**Partners for Advancing  
Clinical Education**

# Virtual Training – Perfect for Certification



## Virtual DiabetesEd Training Conference

 April 15-17<sup>th</sup>, 2026

**30+ CE Credits through AMA PRA Category 1 Credits™, ACPE, ANCC, and CDR!**

See registration page for more details



**Dr. Diana Isaacs**

PharmD, BCPS, BCACP,  
CDCES, BC-ADM,  
FADCES, FCCP



**Beverly Thomassian**

RN, MPH, CDCES,  
BC-ADM



**Christine Craig**

MS, RDN, CDCES

**Cert. Exam Prep | Real-World Clinical Skills | Expert-Led Sessions | Latest ADA Standards | 1 Year On-Demand Access**

# Level 1 Fundamentals



## Diabetes Fundamentals

Level

1

“

*“No words can express how grateful I am that you share all your knowledge and expertise with those of us who want to be better diabetes educators. I have been a dietitian for 27 years and experienced the different treatment approaches over those years, but I wanted to update my diabetes skills.”*

*-Josee Derrien, RDN CNSC, CDCES*

## 2026 Updates Available Upon Registration

- Class 1: Getting to the Nitty Gritty
- Class 2: Nutrition & Exercise
- Class 3: Meds Overview for Type 2
- Class 4: Insulin Therapy & Pattern Management
- Class 5: Goals of Care
- Class 6: Hypoglycemia, Sick Days, & Monitoring



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## Save the dates for our 2026 webinar course updates Level 2 – ADA Standards of Care Intensive

### Complete Standards Overview

- Jan. 29, 2026 | Standards 1 - 16: ADA Standards of Care Complete Review

### ADA Standards 1 through 5

- Feb. 10, 2026 | Standards 1 & 5: Improving Care and Promoting Health
- Feb. 12, 2026 | Standards 2 & 6: Hyperglycemic Crises (DKA, HHS & EDKA)
- Feb. 17, 2026 | Standard 3 & 5: National Standards for Diabetes Self-Management Education and Support
- Feb. 24, 2026 | Standard 4: Comprehensive Medical Eval & Assessment of Comorbidities
- Apr. 17th, 2026 | Standard 7: Tech Toolkit | Insulin, Pumps and Sensors with Dr. Diana Isaacs
- Feb. 26, 2026 | Standard 8 & 9: Pharmacologic Approaches to Glycemic Management & Obesity
- Mar. 5, 2026 | Standard 10: Cardiovascular Disease and Risk Management
- Mar. 10, 2026 | Standards 11 & 12: Chronic Kidney Disease, Retinopathy, Neuropathy
- Mar. 12, 2026 | Standard 12: Lower Extremity Assessment
- Mar. 17, 2026 | Standard 13: Older Adults & Diabetes
- Mar. 19, 2026 | Standard 14: Children and Adolescents
- Mar. 24, 2026 | Standard 15: Management of Pregnancy in Diabetes
- Mar. 26, 2026 | Standard 16: Diabetes Care in the Hospital



Standards of Care Intensive

Level

2



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## Level 3 – Mastery Level

All courses air at 11:30 am PST

2025 courses available upon enrollment

- March 30th, 2026 | Class 1: Diabetes | Not Just Hyperglycemia
- April 1st, 2026 | Class 2: Standards of Care & Cardiovascular Goals
- April 6th, 2026 | Class 3: Meds for Type 2 | What you need to know
- April 8th, 2026 | Class 4: Insulin Therapy | From Basal/Bolus to Pattern Management
- April 21st, 2026 | Class 5: Insulin Intensive & Risk Reduction | Monitoring, Sick Days, Lower Extremities
- April 23rd, 2026 | Class 6: Microvascular Complications & Exercise | Screen, Prevent, Treat
- April 27th, 2026 | Class 7: Medical Nutrition Therapy
- April 29th, 2026 | Class 8: Coping & Behavior Change
- April 30th, 2026 | Class 9: Test-Taking Coach Session (75+ Practice Questions) | No CEs



Diabetes Mastery & Cert Readiness

Level

3



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## Advanced Level Topics | 2025 Webinar Schedule

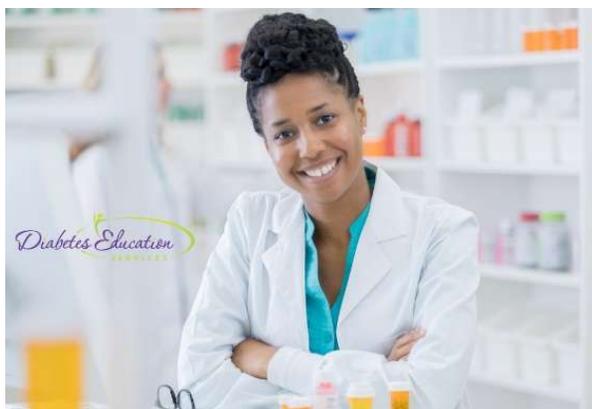
All Courses without an Upcoming Date Listed are Recorded & Ready to Watch!

### Clinical Practice & Assessment

- Class 1: Behavior Change Theories Made Easy
- Class 2: CardioRenal Risk Reduction Toolkit
- Class 3: What We Say Matters: Language that Respects the Individual and Imparts Hope
- Class 4: Type 2 Diabetes Intensive
- Class 5: 3 Steps to DeFeet Amputation; Assess, Screen, & Report

### Insulin Calculations & Pattern Management

- Class 6: Insulin Calculation Workshop | From Pumps & Beyond
- Class 7: Solving Glucose Mysteries for Type 1
- Class 8: Solving Glucose Mysteries for Type 2
- Class 9: Basal Bolus Therapy in Hospital



### Advanced Level & Specialty Topics

Level

4



# Knowledge = Confidence

- ▶ Most important aspect of test taking
- ▶ Knowing the content will improve your confidence
- ▶ As you study your knowledge base expands



# CDCES / BC-ADM Success



Melissa is a Registered Dietitian Nutritionist based out of North Miami. She is most passionate about using her Medical Nutrition Therapy coupled with Motivational Interviewing skills to help our most vulnerable populations. Since she became a Dietitian and began working with her community, she knew she would pursue a specialization in Diabetes Management to maximize her impact and help those who need it most. She is very excited to join the CDCES community of providers!

Melissa Dolan, MS, RDN, LD/N, CDCES



I want to thank you all for the support you give to Diabetes Educators, but also to those of us preparing for the CDCES Exam. I truly want to THANK YOU for that! I just passed my exam on June 1st, 2023. I appreciate all that you do to simplify the updates and new evidence based practice information. The cheat sheets you provided were the one thing that I would say helped really reinforce the information for me. I also watched the boot camp videos. I had less stress because of your supportive site and that helped so much! I am so honored to be able to make Diabetes easier for patients everyday.

Carolyn Fletcher, BSN, RN, CDCES



Enroll at [www.DiabetesEdUniversity.com](http://www.DiabetesEdUniversity.com)

# Thank You – Keep in Touch

## Certification Exam Study Group

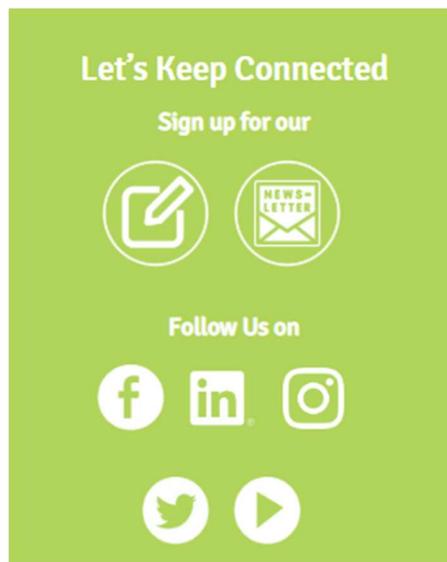
Group by Diabetes Education Services

### Diabetes Education Services Certification Exam Study Group

Public group · 1.2K members



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# You are Going to Do Great!



# Thank You



- ▶ Questions?
- ▶ Email  
[info@diabetesed.net](mailto:info@diabetesed.net)
- ▶ Web  
[www.DiabetesEd.net](http://www.DiabetesEd.net)
- ▶ Phone 530-893-8635