



Preparing for CDCES Exam 2026

(Certified Diabetes Care and Education Specialist)

Step 2

Beverly Thomassian, RN, MPH, BC-ADM, CDCES

Pronouns: She, her, and hers

President, Diabetes Education Services




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.



DiabetesEd.net Website Orientation



PocketCards



Get NEW CDCES Coach App



Question of the Week & Sample Questions

Beverly Thomassian, RN, MPH, CDCES, BC-ADM

CEO, coach, instructor, cheerleader, mentor

www.DiabetesEd.net | info@diabetesed.net | 530-893-8635

DOWNLOAD SUCCESS WITH 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
 • \$100 100% FREE

FREE POCKETCARDS Download

Download Your NEW & Improved CDCES Coach App Today!

[Download on Apple Store](#)
[Download on Google Play](#)

Fresh new design with easier navigation.

- Forums to connect with your peers
- Instant access to blogs and news
- Quizzes with rationale

One-click access to go-tools tools, including:

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

Works on all devices:

- mobile, tablet, and desktop-friendly

New Practice Tests for In-app Purchase
25 Test Questions with Rationale - Only \$9.99!

You have been asking for it, and are please to announce that we have delivered.
 Challenge yourself with one or both sets of 25 Practice Test questions written by the experts.

Free Tools all in One Place

One-click access to free webinars, cheat sheets, and study materials

We are Here to Help

Bryanna Sabourin
Director of Operations

SAVE 10%- Use Code Web10

THANK YOU FOR JOINING US

Use code "WEB10" during Checkout & Save 10% off Accredited Online CE Programs!

www.DiabetesEdStore.net

If you have questions, you can chat with us at www.DiabetesEd.net
 or call 530 / 893-8635 or email at info@diabetesed.net

Diabetes Education Services Inclusion Statement

Based on the IDEA Initiative inspired by CDR

- ▶ Inclusion
- ▶ Diversity
- ▶ Equity
- ▶ Access

- ▶ We are committed to promoting diversity and inclusion in our educational offerings.
- ▶ We recognize, respect, and include differences in ability, age, culture, ethnicity, gender, gender identity, sexual orientation, size, and socioeconomic characteristics.
- ▶ Our goal is to promote equity and access, acknowledging historical and institutional inequities.
- ▶ We are committed to practicing cultural humility and cultivating our cultural competence.
- ▶ We wish to create a safe space within our community where one's beliefs, experiences, identity, and differences in ability, age, size, socio-cultural/socioeconomic characteristics, and political affiliations are considered and respected.

Prep for CDCES Exam – Step 2

- ▶ Getting ready to take Certified Diabetes Care and Education Specialist Exam Soon!
 - ▶ Exam content
 - ▶ Study strategies
 - ▶ Test taking tips
 - ▶ [Resources](#)



- ▶ View our “Becoming a CDCES” Step 1 Webinar for info on qualifications and gaining practice hours.

[HOME](#)
[GET STARTED!](#)
[ABOUT US](#)
[CONFERENCES](#)
[ONLINE COURSES](#)
[BOOKS + STUDY](#)
[FREE RESOU](#)

Start Your Journey

Want to know the requirements to become a CDCES?

Step 1 Becoming a Diabetes Specialist (CDCES)

1

[Requirements to apply](#)

Taking the CDCES Exam in the next 6 months?

Step 2 Preparing to Take the CDCES Exam

2

[Focus on exam success](#)

Preparing for CDCES Exam?

[Future CDCES - Click Here!](#)

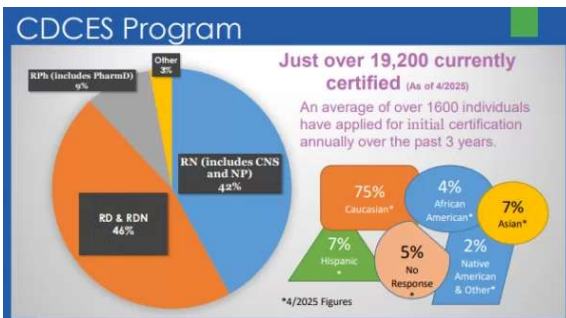
[Prep for CDCES Webinars](#)

Preparing for BC-ADM Exam?

[Future BC-ADM - Click Here!](#)

[Prep for BC-ADM -](#)

Fast Facts with permission from www.CBDCE.org



Calling All Health Care Professionals

- ▶ Currently, 16% of people in the United States live with diabetes, and over 38% live with prediabetes according to the [CDC](#).
- ▶ CDCES defined: a compassionate teacher and expert who, as an integral member of the care team, provides collaborative, comprehensive, and person-centered care and education for people with diabetes”



www.cbdce.org

- Locate
- Verify
- Resources
- Media
- Contact
- Search
- Sign In

[Become Certified](#)
[Currently Certified](#)
[Learn More](#)
[About](#)
[Shop](#)

01 — 03

Thinking about Earning the CDCES?

Join over 19,500 health care professionals who have validated their expertise and professionalism by earning the Certified Diabetes Care and Education Specialist (CDCES) credential.

[Get started. →](#)

Become Certified

CDCESs educate and support people affected by diabetes. Earn the most recognized credential in diabetes care and education.

CBDCE Handbook Checklist 2026

Yes	No	
☐	☐	1. As a clinical psychologist, registered nurse, occupational therapist, optometrist, pharmacist, physical therapist, physician, podiatrist, master certified health education specialist, certified clinical exercise physiologist, registered dietitian, registered dietitian nutritionist, or registered PA, is your license, certification or registration current, active and unrestricted?
OR		
Do you hold a minimum of a master's degree in social work from a United States college or university accredited by a nationally recognized regional accrediting body?		
OR		
If you do not meet either of these, you are encouraged to investigate CBDCE's Unique Qualifications Pathway. Please visit our website for more information on that pathway.		
☐	☐	2. Has your practice experience occurred within the United States or its territories?
☐	☐	3. Has all your practice experience occurred since you met requirement #1 above?
☐	☐	4. Do you have a minimum of 2 calendar years to the day of practice experience since you received the license, registration or advanced degree as outlined above or are you using a Master's degree in a health-related field as a waiver for one of the two years?
☐	☐	5. Have you accrued 1000 hours of practice experience in diabetes care and education (DCE) within the last 5 years?
☐	☐	6. Do you have a minimum of 20% (or 200 hours) of the 1000 hours of DCE practice experience accrued within the past year?
☐	☐	7. Does your practice experience include at least some or all in the DCE process: assessment, education plan, interventions, ongoing support, monitoring and communication of participant progress, documentation, and development of DSMES services/administration?
☐	☐	8. The Examination Content Outline (ECO) identifies what is covered on the Examination. Reminder that regardless of discipline, knowledge (and the ability to apply that knowledge) is necessary across all areas of the ECO. Have you reviewed the ECO and assessed your knowledge across the ECO?
☐	☐	9. Have you completed (within the past 2 years) a minimum of 15 hours of continuing education activities** applicable to diabetes and provided by or approved by a provider on our List of Recognized Continuing Education Providers?

If the answer to any of the above questions is "no", you are not ready to apply for the Certification Examination for Diabetes Care and Education Specialists.

Applying to take the CDCES Exam

At the time of your online application, you will receive:

- ▶ On-line notification of either approval
- ▶ Or that you have been selected for audit
- ▶ Audit required info:
 - ▶ Licensure
 - ▶ Documentation of Professional Practice Experience –
 - ▶ A journal of weekly hours of providing DSME
 - ▶ Supervisor to verify
 - ▶ CE course verification
 - ▶ Employment verification signed by supervisor



Test Taking Window

- ▶ The exam is administered on an ongoing basis
- ▶ Once application approved, candidates must schedule their testing appointment within a 90-day window on a date of their choosing
 - ▶ schedule an appointment to take the examination on a first-come, first-served basis through CBDCE Online scheduling system
- ▶ See application booklet for more details



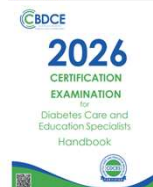
CDCES Live Remote Proctoring (LRP)

- ▶ Candidate uses own computer from home.
- ▶ A compatibility check of the computer's audio/video, webcam and system is required prior to scheduling.
- ▶ The candidate must have a computer with a web camera that can be moved to display the entire room, a microphone, and internet connection to download the PSI secure browser.
- ▶ Calculator built into program



Live Remote Proctoring (LRP) is now available for the CDCES exam! Candidates have the convenience and flexibility of taking the CDCES exam by either testing at a PSI Test Center or by LRP.

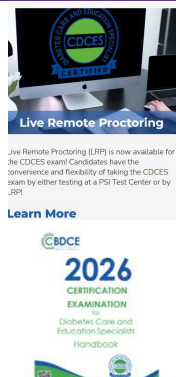
Learn More



<https://www.cbdce.org/apply-and-schedule>

CDCES Live Remote Proctoring

- ▶ **Breaks:** You are **NOT** allowed any breaks during your LRP exam session.
- ▶ **Identification:** You will be required to take a picture of yourself via the webcam. You will also be required to show via webcam your photo ID.
- ▶ **Room Scan:** You will be required to perform a 360° scan of your testing room. Room must be free of study materials, papers, reference materials, etc.
- ▶ **Calculator:** The LRP platform has a calculator built-in in the lower left-hand corner of screen.
- ▶ **Communicating with your proctor:** will be conducted via chat during the testing session.
- ▶ **Results will pop up on screen upon completion.**



When will I get my results?

- ▶ You will receive your test results the same day at testing site or if using remote proctoring.
- ▶ You can retake the test as many times as needed
- ▶ Cost –
 - ▶ 1st time \$350
 - ▶ Renewal - \$250



Scoring the Exam

- ▶ Reported as raw and scaled scores
 - ▶ Raw score: number of right answers
 - ▶ Scaled score: statistically derived from the raw score
- ▶ Total score determines pass/fail and is reported as a scaled score ranging between 0 and 99
- ▶ To pass: 70 scaled score units



CDCES Exam First Time Pass rates

2011 – 65%

2012 – 63.5%

2013 – 67 and 69%

2014 – 66 and 67%

2015 – 62 and 64% (test updated)

2016 – 67%

2017 – 66%

2018 – 67%

2019 – 70%

2020 – 2022 67%

2023 – 70%

Table 1. Examination Statistics – July 1, 2024 – June 30, 2025 – Pass Rates by Testing Modality

Candidates Testing - First Time: July 1, 2024 – June 30, 2025	Number Tested	Pass Rate
At a Test Center	1123	64%
Live Remote Proctoring	362	62%
Total: First Time Candidates	1485	63%



This is a challenging exam!

SO YOU DIDN'T PASS CDCES EXAM - YET?



Join Coach Bev to Regroup & Reignite your Confidence!

FREE Webinar (No CEs)

Recorded & Ready to Watch

www.DiabetesEd.net

Not passing the CDCES exam can feel disheartening—but you are not alone. Over 30% of healthcare professionals don't pass the CDCES exam on their first try. Plus, this one setback doesn't define your potential or your ability to succeed.

Join Coach Bev for this *free, supportive webinar* designed to help you regroup, refocus, and reignite your confidence. Bev will share practical tips, common pitfalls, and an action plan to boost your readiness for next time.

Renewal Every 3-Years starting 2027

What does this mean for you?

- › If you're a new certificant: The 3-year renewal cycle takes effect starting January 1, 2027.
- › If you're a current certificant: You'll renew on your certification's originally scheduled expiration date, under your existing requirements. Nothing changes mid-cycle.
- › If your current term expires in 2026, you'll complete one more 5-year renewal before moving to the 3-year cycle.
- › If your current term expires in 2027, you have a choice:
 - › renew for the standard 5 years one last time, or opt into the new 3-year cycle early at a discounted rate.
- › If your current term expires in 2028 or later, you'll transition automatically to the 3-year cycle once you've met your current renewal requirements.

Will renewal requirements change?

- › Requirements will be scaled to the shorter three-year cycle, not increased.
- › Practice requirements: 1,000 hours/5 years → 600 hours/3 years
- › Continuing education: 75 hours/5 years → 45 hours/3 years
- › Recertification pathways remain the same

Will fees change?

- › No. Renewal fees are staying the same: \$250 for CDCES every 3 years.

Exam Details

- Questions are linked directly to a task or tasks.
- Each question is designed to test if the candidate possesses the **knowledge necessary to perform the task or has the ability to apply it to a job situation.**
- 25 of the 175 questions are new - but are **not** counted in the determination of individual examination scores.
- Score based on 150 questions



Exam Content - Assessment

- Assessment (37)
 - Physical and Psychosocial (12)
 - Self-Management Behaviors and Knowledge (15)
 - Learning (10)



- I. Assessment (37)**
- A. Physical and Psychosocial (12)**
1. Diabetes-related health history (diagnosis, duration, symptoms, complications, treatment, comorbidities, healthcare utilization)
 2. Diabetes-specific physical assessment (biometrics, life experiences, interventions, etc.)
 3. Social determinants of health (economic, living situation, healthcare access, social supports, and food/housing insecurity)
 4. General health history (family medical, mental health, substance use, surgical, allergies and medication)
 5. Current measures and other laboratory data
 6. Mental health (wellbeing, adjustment to diagnosis, coping ability, etc.)
 7. Considerations related to diabetes self-care practices (cognitive, physical, language, cultural, spiritual, family/life/lifestyle dynamics, team and roles, life transitions, etc.)
- B. Self-Management Behaviors and Knowledge (15)**
1. Disease process
 2. Eating habits and preferences
 3. Activity habits and preferences
 4. Medication practices and preferences (prescription, nonprescription, complementary and alternative medicine)
 5. Monitoring and data collection (glucose, ketones, weight, dietary intake, activity, etc.)
 6. Use of resources
 7. Use of technology (monitors, smart delivery systems, apps, online education, patient portals, etc.)
 8. Risk reduction of acute and chronic complications
 9. Problem solving
- C. Learning (10)**
1. Goals and needs of learner
 2. Readiness to learn and change behavior
 3. Preferred learning styles (audio, visual, observational, psychomotor, individual vs. group, virtual, etc.)
 4. Literacy, numeracy, health literacy, and digital literacy
 5. Considerations related to learning (developmental stage, physical abilities, language preferences, cultural, spiritual, psychosocial, economic, family/life/lifestyle dynamics, learning disabilities, etc.)

Exam | Care and Education Interventions

- Care & Education Interventions (105)
 - Disease Process & Approach to Treatment (22)
 - Individualizes Education Plan (17)
 - Person Centered Education on Self-Care Behaviors (58)
 - Evaluation, documentation and follow-up (8)

- A. Disease Process and Approach to Treatment (22)**
1. Diabetes process and pathophysiology
 2. Pathophysiology involving hormones (pancreas, insulin, glucagon, etc.)
 3. Insulin and non-insulin therapy
 4. Lifestyle management (activity, food, sleep, and stress)
 5. Treatment goals (glycemic metrics, blood pressure, lipids, risk reduction, quality of life)
- B. Individualizes Education Plan (17)**
1. Disease process and pathophysiology
 2. Pathophysiology involving hormones (pancreas, insulin, glucagon, etc.)
 3. Insulin and non-insulin therapy
 4. Lifestyle management (activity, food, sleep, and stress)
 5. Treatment goals (glycemic metrics, blood pressure, lipids, risk reduction, quality of life)
- C. Person Centered Education on Self-Care Behaviors (58)**
1. Nutrition Principles and Guidelines
 - a. American Diabetes Association (ADA) and Academy of Nutrition and Dietetics evidence-based recommendations (meal planning, macronutrients, dietary approaches, etc.)
 - a. Carbohydrate Counting (total carbs, sugar, alcohol and saturated fat, and fiber)
 - a. Fat types, food labels
 - a. Protein food sources (meat, cheese, seafood, etc.)
 - a. Alcohol (amount, precautions)
 - a. Food and medication interactions (medication timing, meal timing, etc.)
 - a. Food and medication interactions (food, beverages, health status, etc.)
 - a. Weight management
 - a. Safety and food allergies
 - a. Special considerations (food allergies, food sources, gastrointestinal, other chronic conditions, weight, etc.)
 - a. Food and medication interactions (medication timing, meal timing, etc.)
 2. Physical Activity
 - a. ADA and American College of Sports Medicine recommendations
 - a. Benefits, challenges, and safety considerations, post-exercise recovery and hydration, etc.
 - a. Activity plan (frequency, intensity, time, and type)
 - a. Adjustment of medications, food, and/or insulin for physical and/or extended activities
 3. Medication Management
 - a. ADA/Endocrine Society Association for the Study of Diabetes (AACE) guidelines
 - a. Medication (insulin, oral agents, injectables, etc.)
 - a. Medication-related (adverse) reactions (hypoglycemia, etc.)
 - a. Insulin on weight, type and duration of diabetes, etc.
 - a. Insulin delivery systems
 - a. Insulin delivery systems
 - a. Insulin delivery systems
 4. Monitoring and Interpretation
 - a. Glucose device metrics (e.g., testing techniques, method)
 - a. A1C
 - a. Blood glucose
 - a. Weight
 - a. Lipids
 - a. Kidney health

EXAMINATION CONTENT GUIDE

Exam | Care and Education Interventions

► Care & Education Interventions (105)

► Disease Process & Approach to Treatment (22)

► Individualizes Education Plan (17)

► Person Centered Education on Self-Care Behaviors (58)

► Evaluation, documentation and follow-up (8)

1. Acute Complications: Causes, Prevention, and Treatment
 - a. Hypoglycemia and Hypoglycemia Awareness
 - b. Hypoglycemia
 - c. Diabetic ketoacidosis (DKA)
 - d. Hyperosmolar hyperglycemic state (HHS)
2. Chronic Complications and Comorbidities: Causes, Prevention, and Treatment
 - a. ADA Clinical Practice screening recommendations
 - b. For chronic retinopathy, nephropathy, glaucoma, etc.
 - c. Chronic heart disease
 - d. Neuropathy
 - e. Hypertension
 - f. Vascular disease (cerebral, cardiovascular, peripheral, etc.)
 - g. Acute coronary syndrome (MI, stroke, etc.)
 - h. Dermatological conditions, ulcers, skin reactions
 - i. Infectious pathogenesis (e.g., pneumonia, skin and soft tissue)
 - j. Dental and oral disease
 - k. Other comorbidities: depression, cognitive dysfunction, thyroid disease, etc.
 - l. Other chronic disease directly impacts polypharmacy (e.g., asthma, etc.)
3. Patient Safety
 - a. 5A days
 - b. Injury and other problems
 - c. Changes in schedule (shift, religious, cultural, etc.)
 - d. Travel
 - e. Pregnancy and postpartum
 - f. Acute and chronic disease (e.g., asthma, etc.)
 - g. Medication use (e.g., adherence, polypharmacy, etc.)
4. Living with Diabetes and Problems
 - a. Self-care
 - b. Transition of care
 - c. Social inequalities (e.g., socioeconomic, genetic, etc.)
 - d. For conception planning (pregnancy, postpartum, and premenstrual diabetes)
 - e. Psychosocial well-being (depression, anxiety, etc.)
 - f. For conception planning (pregnancy, postpartum, and premenstrual diabetes)
 - g. For conception planning (pregnancy, postpartum, and premenstrual diabetes)
 - h. For conception planning (pregnancy, postpartum, and premenstrual diabetes)
 - i. For conception planning (pregnancy, postpartum, and premenstrual diabetes)
 - j. For conception planning (pregnancy, postpartum, and premenstrual diabetes)
5. Evaluation, Documentation, and Follow-up (8)
 - a. Evaluate the effectiveness of interventions related to:
 - i. assessment and progress toward goals
 - ii. self-management skills
 - iii. psychosocial well-being
 - iv. weight, eating habits, medications, activity
 - v. glycemic control
 - b. Review, discuss, and communicate individual plan for follow-up, education, support, and referral

Exam Content – Standards & Practices

Standards & Practices (8)

- National Standards for Diabetes Self-Management Education and Support
- Diabetes Prevention Program
- Practice Standards
- Advocate
- Evidence-based care and education
- Consider Social Determinants of Health
- Inclusion, Diversity, Equity

- III. Standards and Practices (8)**
- A. Describe the current National Standards for Diabetes Self-Management Education and Support (DSMES)
 - B. Describe the National Diabetes Prevention Program Standards National DPP
 - C. Apply practice standards (IADGE, ADA, Endocrine Society, etc.)
 - D. Describe population health strategies
 - E. Collaborate with other healthcare professionals to advance team-based care
 - F. Advocate for people with diabetes (access to medications and supplies, care in institutional settings, policies, etc.)
 - G. Promote primary and secondary diabetes prevention strategies in at-risk individuals and populations
 - H. Promote evidence-based care and education
 - I. Recognize the impact of disparities (economic, access, gender, ethnicity, geographic, etc.)
 - J. Incorporate principles of diversity, equity, and inclusion



Step 5: Review Articles to Prepare for CDCES Exam

Coach Beverly's Diabetes Cheat Sheets

Our Diabetes Cheat Sheet page delivers concise, practical tools to support your clinical practice and exam preparation. Updated annually in line with the latest ADA Standards of Care and current evidence. It includes clinical references, medication and exam study sheets, pocket cards, diabetes technology resources, nutrition guidance, person-centered coaching tools, patient teaching handouts, and curated diabetes apps—all organized for quick, easy use.

[Check Out Our Entire Catalog of Diabetes Cheat Sheets](#)

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.

[Summary of Key Points: Standards of Care in Diabetes 2026](#)

[Purchase Your Copy of the ADA Standards of Care 2026 Book](#)

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.

[Screening and Diagnosis of Diabetes Mellitus 2026](#)

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.

[Cholesterol and Hypertension 2026 Summary Sheets](#)

What to Study?



Join our CDCES Facebook Study Group

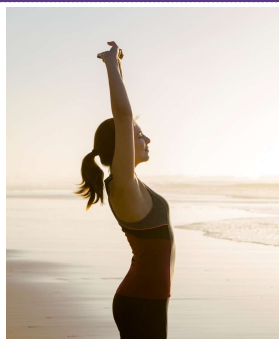


Certification Exam Study Group

<https://www.facebook.com/groups/diabeteseducationspecialiststudygroup>

Taking the Exam

- ▶ Questions
- ▶ Answers
- ▶ Pitfalls



Keep it Person Centered

- ▶ Focus on psychosocial needs and social determinants of health.
- ▶ Start where the participant is at.
- ▶ Keep the participants characteristics in mind (age, type of diabetes, etc.)
- ▶ We are supporting efforts toward behavior change.



Increase success

- ▶ If the answer you wanted isn't there – Pivot, breathe and readjust.
- ▶ Try not to overthink question/answers.
- ▶ Make sure that the answer you choose fits the situation.
- ▶ Focus on national goals and avoid using your work setting's goal.



Take a Practice Test – Learn how to “work” test questions

- ▶ Weed through the details
- ▶ Make sure you REALLY understand key intent of question
- ▶ Find the stem
 - ▶ Identifies key intent of the question
- ▶ Read all the options or answers
- ▶ Eliminate obvious wrong answers
- ▶ Select **BEST** option



Look for Clues in The Answers

- ▶ Answers with the following words are usually **incorrect**: always, never, all, none, only, must, and completely
- ▶ Answers with the following words are usually **correct**: seldom, most, generally, tend to, probably, usually



Getting to the Right Answers



- ▶ Do not leave any answers blank
- ▶ Look for clues in the question
- ▶ Don't get lured in by juicy answers
- ▶ Avoid imposing your life experience into the question/answer
- ▶ Keep breathing – Get up and move
- ▶ Test anxiety – have a plan on how to address
- ▶ Work even simple math problem on scratch paper

Sample Question -1

- ▶ A patient is admitted to the hospital with elevated glucose levels with a strong family history of diabetes. She is started on fluid replacement and is placed on a clear liquid diet. Her father is in the room and is very concerned. Which of the following would suggest a diagnosis of new onset type 1 diabetes vs type 2 diabetes?



- A. Hyperglycemia
- B. Polyuria
- C. Ketosis
- D. Polydipsia



Sample Question 2

- ▶ MJ has type 1 diabetes and wants to know the possible complications that can result from hyperglycemia during the first trimester of pregnancy. Which of the following complications can result from 1st trimester hyperglycemia?
- A. macrosomia
 - B. vascular defects
 - C. shoulder dystocia
 - D. spina bifida



Vignette Style Question

- ▶ Read the following vignette to answer the next 3 questions.
- ▶ A 47 yr old man with newly diagnosed type 2 diabetes and hypertension. Additional known information.
 - ▶ Married, with 2 teenagers
 - ▶ Professor with a BMI of 32
 - ▶ Started on Metformin 500mg BID
 - ▶ Father died of kidney failure secondary to diabetes



Vignette Style Question 1

- ▶ He says finding time to exercise is challenging due to his work schedule. Using the transtheoretical model, what stage of change is he in?
 - A. Contemplation
 - B. Cost vs. Benefit
 - C. Precontemplation
 - D. Denial



Behavior Change Theories

Behavior Change Theories Made Easy
FREE Webinar



May 8th At 11:30 AM

Recorded and
Ready for Viewing
in FREE Webinars

This webinar will help you with Exam
Success ~ without all the pain!

Register for May 8th Webinar →



Vignette Style Question 2

► He requests information about healthy eating. Which meal planning approach best suits this individual until he can see a registered dietitian?

- A. Very low-calorie diet
- B. Eliminate all concentrated sweets
- C. Eat 3 meals a day with snacks in between
- D. Plate Method



Sample Question 3 – Carb Counting

JL uses an insulin pump and is carb counting using exchange list. A typical breakfast includes: ½ banana, 1 cup of milk, 2 tablespoons almond butter and 1 piece whole grain bread. LS's insulin to carb ratio for breakfast is 1:12, for lunch and dinner it is 1:15. Based on this, how much insulin does LS need for breakfast?

- A. 3.5 units
- B. 3.8 units
- C. 3.0 units
- D. 2.8 units

Vignette Style Question 4

KL is 72 years old with a 10 year history of type 2 diabetes. KL's has a BMI of 24.6, A1C of 7.3% and LDL cholesterol of 72 mg/dL. GFR is 62 and UACR is less than 30 gm/g. Has a history of hypertension. Current meds for diabetes include metformin ER 850mg BID, sitagliptin (Januvia) 25mg. Based on the ADA Standards of Care, what is the next best action?

- A. Start a SGLT-2 inhibitor to lower A1C and preserve renal function.
- B. Determine KL's A1C goals and explore social determinants of health.
- C. Stop sitagliptin and suggest initiation of a GLP-1 Receptor Agonist to reduce risk of CV disease.
- D. Refer KL to a RD/RDN to help get A1C less than 7%.





Download Your NEW & Improved CDCES Coach App Today!

Download on the App Store

Download on Google Play

Download Success with the 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

• Fresh new design with easier navigation.
 • Forums to connect with your peers.
 • Instant access to blogs and news
 • Quizzes with rationale

• **One-click access to go-tools tools, including:**
 • Medication PocketCards
 • Cheat Sheets
 • ADA Standards of Care
 • Free Webinars
 • Study materials

• **Works on all devices:**
 • mobile, tablet, and desktop-friendly

• **New Practice Tests for In-app Purchase**
25 Test Questions with Rationale - Only \$9.99!

You have been asking for it, and are please to announce that we have delivered.
 Challenge yourself with one or both sets of 25 Practice Test questions written by the experts.




Sample question 6

A person with type 2 is on a twice daily dose basal/bolus insulin and complains of waking up with morning headaches. If the fasting capillary BG is 291, advise person to:

- Increase evening dose of basal insulin
- Increase morning dose of bolus insulin
- Check 3am blood glucose
- Eliminate bedtime snack





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

\$ 49.00

Quantity



Test Taking Toolkit

•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.

Course credits through *AMA PRA Category 1 Credits™*, ACPE, ANCC, and CDR®

[illegible]

★★★★☆ [0 reviews](#)

\$ 589.00

4 interest-free installments, or from \$53.16/mo with [shopify](#) [VIEW JAMOIR.COM](#)

Registration Options

Complete: Reg. + Printed Syllabus + ADCES Review Guide e-book + ADA Standards book

**Join Us Live In San Diego
Oct 22-23, 2026.**

[illegible]



Diabetes Education
SERVICES





ONLINE
UNIVERSITY



★ ★ ★ ★



ONLINE
UNIVERSITY

Expanded
Accreditation
and CE
Courses

- Achieve your dream of CDCES and/or BC-ADM certification
- Coursed taught by Beverly Thommassian & Expert Team
- Expanded Accreditation! CE Credit through: AMA PRA Category 1 Credits™, ACPE, ANCC, CDR

SAVE 10%- Use Code Web10

THANK YOU FOR JOINING US

Use code **"WEB10"** during Checkout &
Save 10% off Accredited Online CE Programs!



Diabetes Education

www.DiabetesEdStore.net

10%





Level 1 – Diabetes Fundamentals Ready for Viewing

Save the dates for our 2026 webinar course updates

2025 courses available upon enrollment

- Jan. 7th, 2026 | Class 1: Getting to the Nitty Gritty
- Jan. 8th, 2026 | Class 2: Nutrition & Exercise
- Jan. 13th, 2026 | Class 3: Meds Overview for Type 2
- Jan. 15th, 2026 | Class 4: Insulin Therapy & Pattern Management
- Jan. 20th, 2026 | Class 5: Goals of Care
- Jan. 22nd, 2026 | Class 6: Hypoglycemia, Sick Days, & Monitoring

Fee: \$119.00 (Group Discounts Available)



Diabetes Fundamentals
Level
1

www.DiabetesEd.net





Level 2 – Diabetes Standards Ready for Viewing

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 & 9: 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





Level 3 – Diabetes Mastery Exam Prep Ready for Viewing

- 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 CE's



Diabetes Mastery 6 Cert Readiness
Level
3

25 YEARS

1997-2022

ONLINE

UNIVERSITY

DIABETES EDUCATION SERVICES

Level 4 | Advanced Level | 14+ CEs

Clinical Practice & Assessment:

- April 17, 2026 | Class 1: CardioRenal Risk Reduction Toolkit
- May 8, 2026 | Behavior Change Made Easy**
- May 13, 2026 | Class 2: What We Say Matters: Language that Respects the Individual and Impacts Hope
- May 14, 2026 | Class 4: Type 2 Diabetes Intensive
- June 11, 2026 | Class 5: 3 Steps to Diabetic Amputation: Assess, Screen, & Report

Insulin Calculations & Pattern Management:

- June 16, 2026 | Class 6: Insulin Calculation Workshop | From Pumps & Beyond
- June 18, 2026 | | Class 7: Solving Glucose Mysteries for Type 1
- June 23, 2026 | Class 8: Solving Glucose Mysteries for Type 2
- June 20, 2026 | Class 9: Basal Bolus Therapy in Hospital

Bonus Course:

- Mindfulness & Compassion in the Diabetes Encounter

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 Page

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, RD/N, 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

© Copyright 1999-2026, Diabetes Ed Services

www.DiabetesEd.net

Page 19

Thank You – Keep in Touch

Certification Exam Study Group

Diabetes Education Services Certification Exam Study Group

47 Public group · 128 members

Let's Keep Connected

Sign up for our:



Follow Us on



Home Page –
DiabetesEd.net

- ▶ Facebook:
<https://www.facebook.com/groups/diabeteseducationspecialiststudygroup>
- ▶ Twitter: <https://twitter.com/CDCESCoach>
- ▶ Instagram: <https://www.instagram.com/cdcescoach/>
- ▶ Linked In:
<https://www.linkedin.com/in/beverlythomassian/>
- ▶ Monthly Newsletter:
<https://diabetesed.net/monthly-newsletter-past-issues/>
- ▶ Sign up for Blog Bytes – Question of Week:
<https://diabetesed.net/diabetes-blog-bytes-sign-up/>

You are Going to Do Great!



Thank You



- ▶ Questions?
- ▶ Email
info@diabetesed.net
- ▶ Web
www.DiabetesEd.net
- ▶ Phone 530-893-8635
