Improving Self-Management of Type 2 Diabetes Through Text Messages

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Results

Group Self-Management Scores

Individual Self-Management Scores

Blood Self-Reported Glucose

Patient/Provider/Clinician Satisfaction Surveys

Discussion/Summary

- Self-management support should extend beyond a routine office visit
- An mHealth intervention such as text messaging is feasible, acceptable, and available on demand
- Long-term follow-up will be needed to determine sustainability and ongoing engagement