

PATIENT NAME: _____

PROVIDER NAME: _____

PATIENT DOB: _____

IF APPLICABLE

PATIENT PRIMARY LANGUAGE: _____

You have been diagnosed with: Prediabetes Diabetes

Today, your blood pressure was ____/____

Your most recent Hemoglobin A1C (HbA1c) level was:

Your blood pressure:

Your HbA1c:

- WAS at goal; keep up the good work.
- WAS NOT at goal; we are here to help you reach your target.

- WAS at goal; keep up the great work.
- WAS NOT at goal; we are here to help you reach your target.

AS A RESULT OF YOUR VISIT TODAY, AND TAKING INTO ACCOUNT YOUR PERSONAL HEALTH RISKS, YOUR PRIMARY CARE PROVIDER RECOMMENDS THE FOLLOWING PROGRAMS:

ST. MARY'S COUNTY HEALTH DEPARTMENT PROGRAMS:

OFFICE - please fax referral form to 301-475-4350

- Quit Tobacco Classes** at the St. Mary's County Health Department (Leondartown and Lexington Park class locations). 8 week class. **Call 301-475-4330 to register**
- Asthma Control Program** One-time free home visit (education, environmental assessment and free supplies) to children in St. Mary's County (ages 2-18 years) with asthma. **Call 301-475-4330 to schedule an appointment**
- Colorectal Cancer Screening, Diagnosis and Treatment Program.** Free colonoscopies for eligible individuals age 50+ (or under age 50 with family history and/or symptoms). **Call 301-475-4318**
- Breast and Cervical Cancer Screening, Diagnosis and Treatment Program.** Free mammograms, breast exams and pap tests for eligible women age 40+. **Call 301-475-4395**

MEDSTAR ST. MARY'S HOSPITAL HEALTH CONNECTIONS PROGRAMS:

OFFICE - please fax referral form to 301-475-6143

- Diabetes Prevention Program "Simple Changes"** This is a group class for individuals at risk for diabetes. **Call 301-475-6019 for details.**
- Nurse Care Coordination and Community Health Workers** to check in on your blood pressure and/or blood pressure goals. **Call 301-475-6019 to enroll.**
- Cancer Thriving and Surviving Program** This group class is offered to cancer survivors and their family/friends. **Call 301-475-6019 for details.**
- 6 Week Workshops** These 6 week workshop are available through the Department of Aging and Human Services (**for day classes call 301-475-4200 ext. 1063**) and Medstar St. Mary's Hospital (**for evening classes call 301-475-6019**):
- Chronic Disease Self Management Program.** This workshop will teach you tools to help manage long-term health conditions.
- Living Well with Diabetes.** This workshop will provide you with education and tools for managing your diabetes.

FROM YOUR PROVIDER'S IN-PRACTICE SERVICES

- Care Coordination** to check in on your blood pressure or diabetes goals.

SELF-DIRECTED PROGRAMS:

- Tobacco Quit Line** at 1-800-QUIT-NOW (1-800-784-8669). Offers 24/7 Assistance.
- St. Mary's Alive!** An email-based coaching program that has been proven to improve nutrition, assist in weight management and lower risk for chronic diseases. Cost is \$5 for 6 months of coaching.
- Self-management plan for high blood pressure** For a printable log to record home blood pressure measurements go to the American Heart Association **www.heart.org**
- Self-management plan for diabetes:** For a printable log to record home blood glucose measurements go to the American Diabetes Association **www.diabetes.org**

I hereby authorize my medical provider's office to refer my name and phone number to the above recommended programs.

CONTACT PHONE NUMBER: _____

PATIENT SIGNATURE: _____

DATE: _____