

PHYSICIANS AND HEALTHCARE PROVIDERS

Our staff can provide you with patient referral forms and more information about this program which is based on the National Standards for Diabetes Self-Management.

Please include a copy of your patient's most current lab results for A1C, Blood Glucose, and Lipid Panel when you fax the patient referral form.

The patient referral form is also available on our website:

www.hillscountyhealth.org

Class Topics

- Week 1: Introduction to Diabetes
- Week 2: Healthy Eating
- Week 3: Being Active
- Week 4: Monitoring
- Week 5: Taking Medications
- Week 6: Problem Solving
- Week 7: Healthy Coping
- Week 8: Reducing Risks

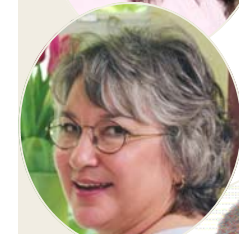
Online registration
available at
www.hillscountyhealth.org



Hillsborough County Health Department
Community Health
Post Office Box 5135
Tampa, Florida 33675-5135

Phone: (813) 307-8071
Fax: (813) 307-8094

www.hillscountyhealth.org



**MANAGE
YOUR
DIABETES**

*DON'T LET
DIABETES
MANAGE YOU!*

**Diabetes Self-Management
Education Classes**



Diabetes Self-Management Education can help you take charge of your health — and life.

You will increase your knowledge about your disease and...

- Develop problem-solving and coping skills
- Reduce complications that could result from diabetes
- Set your own goals and make a step-by-step plan to achieve them
- Learn how simple changes in diet and activity can help you manage your diabetes and feel better
- Complete a health status self-assessment
- Learn how to communicate better with your doctor

You Can Manage Diabetes!

- Led by a Certified Diabetes Educator and experienced, licensed health care professionals
- Groups meet for 1 hour per week for 8 weeks in convenient locations in Hillsborough County
- Each class provides valuable tools and information designed to help you take control!



Eligibility and Cost

- Classes are FREE
- Open to adults 18 and older (1 adult family member or support person may accompany participant)
- Must be diagnosed with diabetes
- Registration is required
- Please bring a copy of your diabetes laboratory results to the first class

Groups are forming!

For more information and to register for a class, call Hillsborough County Health Department: (813) 307-8071.



Diabetes Self Management Education Program Registration Form

If you have any questions about the program or registration process, call (813) 307-8015, extension 7107 or 7103.

Information:

Diabetes Self Management Education provides the tools, education and support to help you better manage diabetes.

Additional Details:

- Participants must be diagnosed with diabetes to attend class (one adult family member or support person may attend with participant).
- Classes are FREE.
- Classes are led by a Certified Diabetes Educator or licensed health care professional.
- Groups meet 1 hour per week for 8 weeks.
- Following completion of the program, we will follow up with your physician about your program completion and progress.

To Register:

1. Complete the registration form.
2. Email, mail, or fax the form to Hillsborough County Health Department.
3. Classes will be offered throughout Hillsborough County but the exact location, dates and times of each 8-week session will vary. Once you have completed this form a staff member will contact you.
4. Before attending your first class, obtain a copy of your most recent diabetes laboratory results from your provider and bring this information with you to class. (A1C, Blood Glucose, Lipid Panel)

Participant Information:

Last name	First name	M. I.	Address:
			City: Zip Code:
Phone Number:			Email Address:
Diagnosis:		Preferred Class Location:	
Type 1 diabetes		Plant City Town 'n Country, Tampa	
Type 2 diabetes		Ruskin Sun City Center	
		Other: _____	
		Preferred Time: Weekday Evening Weekend	

One adult family member or support person will be attending classes with me. Yes No

Comments or other information your classes instructor should know:

Email:	Mail:	Fax:
hillschdfedback@doh.state.fl.us	Hillsborough Co. Health Department Community Health Division Attention: Registered Dietitian P.O. Box 5135 Tampa, FL 33675-5135	Hillsborough Co. Health Department Community Health Division Attention: Registered Dietitian Fax: (813) 307-8094

PATIENT REFERRAL



TO: Hillsborough County Health Department
 Community Health Division
 Attention: Registered Dietitian
 Phone: (813) 307-8071
 Dietitians' direct lines: (813) 307-8015, ext. 7103 or 7107
 Fax: (813) 307-8094

Number of pages,
 including this form: _____.

From: Provider Stamp/Information	Patient Label or Information
	Name: Age: Address: Phone:

REFERRAL CHECKLIST

✓ Referral	Program	Special notes
	*Diabetes Self-Management Education Classes (Manage Your Diabetes)	Classes are 8-week sessions for patients ≥18 years of age.
	*Weight Management Support Groups (GIFT—Get into Fitness Today)	Group sessions are 6-12 weeks for patients ≥ 18 years of age.
	*Chronic Disease Self-Management Classes (Living Healthy)	Classes are 6-week sessions for patients ≥18 years of age.
	Medical Nutrition Therapy (fee-based; Medicare-eligible patients must bring Medicare-Part B card)	Medicare-eligible patients only, limited to 2 visits.

* Daytime/evening classes/groups are held in various community locations at no charge to participants.

NOTES FOR REFERRING PROVIDER:

- Our staff will contact your patient to register for the referred classes/sessions. If your patient would like to receive more information about the education before we contact them, they may call the numbers listed above.
- **DIABETES SELF-MANAGEMENT EDUCATION:** Please fax patient's most recent laboratory results for A1C, Blood Glucose, and Lipid Panel to the Hillsborough County Health Department along with the Patient Referral. These results will be reviewed by our Registered Dietitian/Certified Diabetes Educator prior to the first class.

Provider comments for our staff:

NOTICE: This transmission may contain material that is CONFIDENTIAL under federal and Florida statutes and is intended to be delivered to only the named addressee. Unauthorized use of this information may be a violation of criminal statutes. If this information is received by anyone other than the named addressee, the recipient shall immediately notify the sender at the address or telephone number above and obtain instruction as to the disposal thereof. Under no circumstances shall this material be shared, retained, or copied by anyone other than the named addressee.