

Did you know?

- Almost 26 million people have diabetes, but about 7 million are undiagnosed
- Untreated or poorly treated diabetes may lead to serious complications
- *Living Healthy with Diabetes* program participants experience, on average, a 1% decrease in their HgA1c

SIGNS OF DIABETES

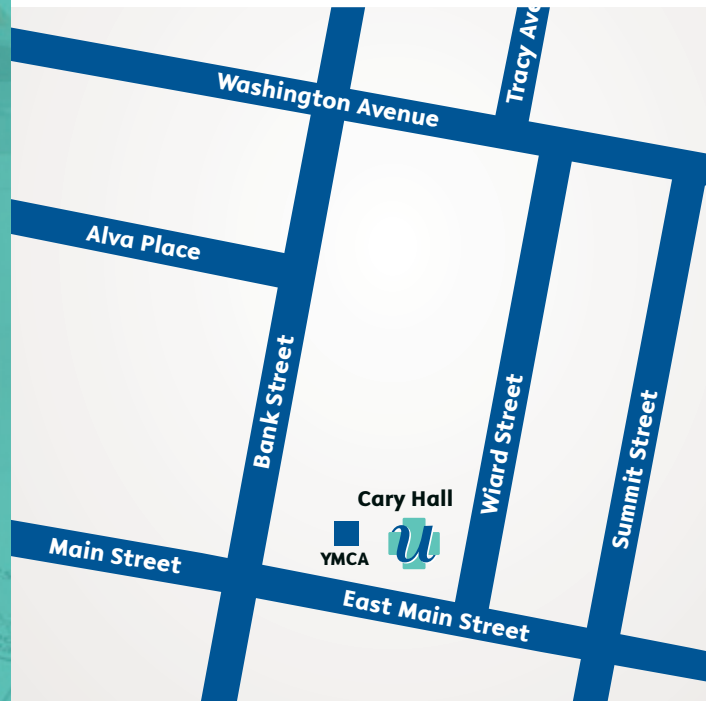
- Feeling tired
- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Frequent infections
- Blurred vision
- Tingling/numbness in hands or feet

YOUR LIVING HEALTHY WITH DIABETES CARE TEAM INCLUDES:

- You
- Your healthcare provider
- Diabetes Educator/RN, CDE
- Registered Dietitian, CDE

Quality care right at home—
it's not just our tagline.

It's our promise.



Healthy Living
211 East Main Street
Batavia NY 14020

(585) 344-5331
www.ummc.org

Living Healthy with Diabetes

A Self-Management Education Program

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211 East Main Street, Batavia NY
(585) 344-5331



United Memorial
Medical Center

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Plan of Care

The *Living Healthy with Diabetes* program is a comprehensive 10-hour program provided in four sessions.

Topics include:

- Diabetes overview
- Nutrition
- Medications
- Monitoring
- Exercise
- Stress management
- Problem solving
- Goal setting

To Register:

Patients:

- Call United Memorial Medical Center Healthy Living, (585) 344-5331 to register
- Get a referral from your physician and have them complete this form

Physicians:

- Call United Memorial Medical Center Healthy Living, (585) 344-5331 while the patient is at your office if you wish to pre-register him/her
- Complete this form and fax to United Memorial Medical Center Healthy Living at (585) 344-5267
- Give this form to your patient to bring to class

PATIENT'S NAME

DATE OF BIRTH

ADDRESS 1

ADDRESS 2

PHONE NUMBER

Diagnosis:

- 250.00 (type 2) 250.02 (type 2, uncontrolled)
 250.01 (type 1) 250.03 (type 1, uncontrolled)
 Other: 790.29 (Pre-Diabetes)

Medical HX, Other Illnesses:

- HTN Peripheral Vascular Disease
 Dyslipidemia Cardiovascular Disease
 Neuropathy ESRD

Other:

Exercise Restrictions:

Diabetes Medication Regimen:

Other Medications:

Lab Test	Result	Date
HgA1c		
FBS		
T. Cholesterol		
HDL		
LDL		
Triglycerides		
BUN		
Creatinine		
Microalbumin		
BP		
Height		
Weight		

I certify the training ordered is imperative to teach the knowledge and skills necessary for this patient to manage his/her diabetes and to promote optimal health.

HEALTHCARE PROVIDER SIGNATURE

PRINTED NAME

Insurance Authorization #: _____