

For Your Patients

**Give your patients the help they need...  
FOR FREE!**

Whether your patient is at risk for type 2 diabetes or has already received a diagnosis, we can help. The YMCA of Greater San Antonio and the City of San Antonio Metropolitan Health District have teamed up to fight diabetes from two fronts.

Attack type 2 diabetes before it starts through the YMCA's Diabetes Prevention Program or Y Living Program. Help those who have received a type 2 diabetes diagnosis manage the disease through the evidence based Self-Management Program.

These are nationally acclaimed, evidence based programs that have worked for thousands of Americans – and they are available at no cost to your patients!

Diabetes  
Prevention  
& Control



This program is endorsed by the American Diabetes Association.

DiabetesHelpSA.com

Diabetes

Prevention  
& Control



**EMPOWER  
YOUR PATIENTS**

*Free Programs*

**Free help for your patients  
is just a fax away!**



## YMCA's Diabetes Prevention Program

### A CDC prevention-led national diabetes prevention program for your patients

**Stop type 2 diabetes** before it starts with the YMCA's Diabetes Prevention Program. This program provides a supportive environment where participants work together in a small group (8-15 participants per group) to learn about healthier eating and increasing their physical activity in order to reduce their risk of developing diabetes. This program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period beginning with 16 weekly sessions followed by monthly maintenance.

#### Participant criteria:

- Confirmed via one of 3 blood tests:
  1. A1c: 5.7%-6.4% OR
  2. Fasting Plasma Glucose: must be 100-125mg/dl) OR
  3. Diagnosis of 790.21 or 790.22 or 790.29
- Overweight adults (18+) with prediabetes
- Or have 2 or more risk factors

#### Desired Outcomes for Patients:

- Reduce body weight by 7%
- Continue maintenance post-program
- Increase physical activity by 150 minutes per week.

**Your Role:** Please fax the referral form provided to (210) 921-0276. Our representative will ensure your patient is enrolled in the proper program based on their risk level for developing diabetes.

**Questions/contact:** For more information call (210) 924-8858

## The Y Living Program

### Evidence-based chronic disease prevention for the whole family

A Collaboration with UT Health Science Center's Institute for Health Promotion Research.

Make healthy living and diabetes prevention a family affair! The Y Living Program takes an evidence-based approach to diabetes prevention and has already changed the lives of hundreds of people right here in San Antonio.

During this complimentary 12-week class, families learn techniques to reduce and prevent chronic illness that results from obesity and sedentary lifestyles through educational seminars and physical activity. Classes empower families to obtain total health through enriching the spirit, body and mind.

#### Participation criteria:

Anyone who is interested in embarking on a journey to a healthier lifestyle is free to apply.

#### Desired outcomes for patients:

Reduce and prevent chronic illnesses that result from obesity and sedentary lifestyle.

**Your Role:** Please fax the referral form provided to (210) 921-0276.

Our representative will ensure your patient is enrolled in the proper program based on their risk level for developing diabetes.

**Questions/contact:** For more information call (210) 924-8858

## Evidence-based Diabetes Self Management Program

This FREE Self-Management Program offered by San Antonio Metropolitan Health District was developed at Stanford University for individuals with diabetes and their families. Your patients will gain confidence in their ability to safely manage the symptoms of diabetes and take control of their health. Workshops are led by peer leaders, not healthcare providers, and are highly interactive and offered in a small group setting. Workshops are 6 weeks in length and meet once a week for 2.5 hours.

#### Topics covered include:

- Controlling symptoms
- Exercise for strength and energy
- Healthy eating
- Medication use
- Working with their doctor
- Setting goals
- Problem solving
- Relaxation techniques
- Dealing with negative emotions

#### Participant criteria:

- Adults 18+ with diabetes, their family members and caretakers.

#### Desired Outcomes for Patients:

- A pre-program questionnaire will measure utilization rates of an emergency room in the last 6 months and overall health status range.
- Reduce A1c
- Improve self-efficacy

**Your role:** Please fax the referral form provided to (210) 207-6983 and pre-register your patient for our Diabetes Self Management Program, or provide them with the form and they can call to register at no cost.

**Questions/Contact:** (210) 207-8802

Direct your patients to [DiabetesHelpSA.com](http://DiabetesHelpSA.com) for more information.