Health Education Referral Quick-Start Guide

Community Integrated Network of Oregon

Oregon Wellness Network

Audience:

Health Care and Social Services Teams

For Evidence-Based Programs Including:

- Living Well with Chronic Conditions / Tomando control de su salud
- Living Well with Diabetes / Program de manejo personal de la diabetes
- National Diabetes Prevention Program / Programa nacional de prevención de la diabetes
- Walk With Ease / Camine con gusto

Program Name	Living Well with Chronic Conditions* (English) Tomando control de su salud (Spanish)	Living Well with Diabetes* (English) Programa de manejo personal de la diabetes (Spanish)
What is it?	A workshop series, developed by Stanford University, for people living with any on-going physical and mental health conditions—like heart disease, anxiety, diabetes, and arthritis. **Topics include:** • Decision-making and communication skills • Problem solving • Positive self-communication • Managing stress and the symptom cycle • Physical activity and exercise • Healthy eating • Action planning • Techniques to deal with problems such as frustration, pain, fatigue, falling, isolation, sadness, and poor sleep ***Living Well with Chronic Conditions is also known as Chronic Disease Self-Management Program (CDSMP)**	A workshop series, developed by Stanford University, for people with type 2 diabetes. **Topics include everything covered in CDSMP plus:** • Exercise at your level • How to use glucose monitoring to make day-to-day decisions • How to manage sick days • Appropriate use of medication • Reducing risk for other health conditions • Coping with the unique challenges of living with diabetes Caregivers are also welcome. ***Living Well with Diabetes is also known as Diabetes Self-Management Program (DSMP)**

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Target Population	Adults (at least 18) with chronic physical or mental health condition (s) interested in group support.	Adults (at least 18) with a diabetes diagnosis interested in group support.
Who teaches the workshop?	Peer led with two trained leaders who are fluent in English or Spanish. One peer leader currently lives with a chronic condition.	Peer led with two trained leaders who are fluent in English or Spanish. One peer leader currently lives with diabetes.
Program Format	Meets for 6 weeks, 6 sessions, 2.5 hours each week	Meets for 6 weeks, 6 sessions, 2.5 hours each week
How to refer to a program in OR?	1. Compass Data Portal ◦ Compass | CDSMP (English) ◦ Compass | Tomando control de su salud (Spanish) 2. Connect Oregon powered by Unite Us (if applicable) ◦ Select Service Type: Chronic Disease & Prevention Management ◦ Select Organization: Oregon Wellness Network ◦ Select Program: Living Well with Chronic Conditions 3. Oregon Wellness Network ◦ Online HIPAA-compliant referral form	1. Compass Data Portal ◦ Compass | DSMP (English) ◦ Compass | Programa de manejo personal de la diabetes (Spanish) 2. Connect Oregon powered by Unite Us (if applicable) ◦ Select Service Type: Chronic Disease & Prevention Management ◦ Select Organization: Oregon Wellness Network ◦ Select Program: Living Well with Diabetes 3. Oregon Wellness Network ◦ Online HIPAA-compliant referral form
Billing Options	Currently CDSMP is not covered under Medicare or Medicaid.	DSMP in English and Spanish may be covered for Medicare beneficiaries who have not used their education benefit. There may be billing limitations based on the delivery organization.

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Program Name	National Diabetes Prevention Program (English) Programa nacional de prevención de la diabetes (Spanish)	Walk With Ease (English) Camine con gusto (Spanish)
What is it?	This lifestyle change program, developed by the Centers for Disease Control and Prevention (CDC), is for people at risk of developing type 2 diabetes. **Topics include:** • Nutrition • Adding and maintaining physical activity • Managing stress • Staying motivated • Problem solving skills • Coping skills • Taking charge of your thoughts • Keeping the weight off • Support from others like you • Prevent or delay Type 2 diabetes	This workshop, developed by the Arthritis Foundation, is for anyone who wants to move more, reduce pain, and engage safely and comfortably in a gentle walking program. **Topics include:** • Movement for all fitness levels • Building confidence in being physically active • Reduce pain • Motivational strategies
Target Population	Adults at least 18 years old and • Be overweight (Body Mass Index ≥25; ≥23 if Asian) and • Not be pregnant and • Have no previous diagnosis of type 1 or type 2 diabetes and • Have a blood test result in the prediabetes range within the past year: • Hemoglobin A1C: 5.7–6.4% or • Fasting plasma glucose: 100–125 mg/dL or • Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL or • Have a previous clinical diagnosis of gestational diabetes or take the Prediabetes Risk Test and receive a screening result of high risk for type 2 diabetes.	Adults (at least 18) with or without arthritis and varying fitness levels.

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Who teaches the workshop?	A Lifestyle Coach trained by CDC recognized training entity	An Arthritis Foundation-certified leader
Program Format	Meets for 1 year, at least 24 sessions, 1 hour each week: 16 weekly then 8 monthly	Meets for 6 weeks (3 times a week), 18 sessions, 1 hour each week

How to refer to a program in OR?	1. Compass Data Portal
	  ◦ Compass | National DPP (English & Spanish)
	2. Connect Oregon powered by Unite Us (if applicable)
	  ◦ Select Service Type: Chronic Disease & Prevention Management
	  ◦ Select Organization: Oregon Wellness Network
	  ◦ Select Program: National Diabetes Prevention Program
	3. Oregon Wellness Network
	  ◦ Online HIPAA-compliant referral form
		1. Compass Data Portal
		  ◦ Compass | Walk With Ease (English & Spanish)
		2. Connect Oregon powered by Unite Us (if applicable)
		  ◦ Select Service Type: Chronic Disease & Prevention Management
		  ◦ Select Organization: Oregon Wellness Network
		  ◦ Select Program: Walk With Ease
		3. Oregon Wellness Network
		  ◦ Online HIPAA-compliant referral form

Billing Options	National DPP is covered by Medicare and Medicaid in Oregon. There may be billing limitations based on the delivery organization.	WWE is a covered by Medicaid in Oregon. View more information here. There may be billing limitations based on the delivery organization.