



Dear Family Physician/Provider,

The Texas A&M Healthy Texas is dedicated to the prevention and care of diabetes and its complications while promoting healthy living through public health education and health care professional education.

Our Diabetes Self-Management Education/Support (DSME/S) program, which is accredited by the American Diabetes Association, provides quality, evidence-based education using criteria established by the National Standards for DSME/S. Certified diabetes educators, registered nurses, registered dietitians and community health workers teach the programs.

Class topics include the following:

- Diabetes overview
- Nutrition, meal planning, basic carbohydrate counting and label reading
- Medications
- Blood glucose monitoring
- Physical activity
- Foot care
- Reducing chronic and acute complications
- Sick day management, life stresses, diabetes distress and depression
- Recommended values and goal setting

DSME/S has been proven to help patients achieve better metabolic control, improve lipid levels, reduce blood pressure, develop self-management skills and live a long, healthy life.

The classes are **free** and held either as a full day class, or a series of four sessions, in person and virtually. We provide a free meal during class and blood glucose meters and strips for those who qualify.

Your patient will receive an A1C, Cholesterol levels, blood pressure reading, weight, BMI, body fat percentage, and blood glucose check at the beginning of class and at four and eight months. Your patient will also receive communication and support from our diabetes care team.

As the referring provider, you will receive initial, four- and eight-month reports on your patients' progress. Additionally, if any concerns arise with your patient, a health educator will contact you for assistance.

The referral process only requires faxing an MD/Provider order to fax number (361) 561-8644 along with the patient's contact information. You may use the enclosed referral form. Our staff will contact and schedule your patient for a class. Once the patient completes the class, you will receive ongoing communication from our office on your patients' progress...

You may call our office at (361) 561-8584 to confirm available dates and times for classes in your area. If you have any questions or concerns, please contact me directly at (361) 561-8637.

Respectfully,

Diabetes Education Team