



# *FLORIDA HEALTH CARE PLANS*

## MEMORANDUM

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To: All Primary Care Physicians, Specialists & Practice Managers  
From: Wendy Myers M.D., President/CMO  
Date: January 12, 2009  
Subject: Diabetes and Nutrition Education

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Just a reminder...

FHCP provides a **free**, comprehensive; ADA recognized Diabetes Self-Management Education (DMSE) Program for our members. This is 10 hours of classroom education by our Diabetes Educators and Registered Dietitians. The goal is to provide our members with the tools, skills and techniques necessary to follow your prescribed diabetes treatment plan.

Diabetes classes are held in Daytona, Orange City, Palm Coast and Port Orange. There are also evening classes held in Daytona and Orange City. Physician referral is not necessary but is accepted and the member can self refer. Individual appointments are available for members who cannot attend classes due to medical necessity (ex. cognitive impairment, sleep apnea) or a hardship (ex. language barrier, visual impairment) but this information is needed on the Diabetes Referral form.

In addition to diabetes, there are also **free** nutrition programs available:

- Pre-Diabetes – designed to identify risk factors for developing diabetes, is available with a physician referral.
- Healthy Heart Eating – designed to identify risk factors for heart disease. No referral is needed.
- Diabetes Refresher course – “**Nutrition Game Plan**” – designed to support the nutrition information received at our DSME program. No referral needed. Registration required.

For questions concerning diabetes & nutrition classes at FHCP, call the Diabetes/Nutrition Education Dept. @ (386) 226 - 4518. Referrals can be faxed to (386) 226 – 4519.

Please help us to educate our members. FHCP members can repeat classes as often as necessary.

Thank you.

cc: June Christiansen  
Carol Cooper  
Diabetes/Nutrition Education