



# Community Referrals

A safe and secure way to send referrals to community-based programs

Refer patients to established evidence-based programs in the community through an innovative new service called Community Referrals. Choose the right program for your patients.

Community Referrals provides a platform for routine bi-directional communication, so you can trust that patients are receiving the care they need, and all members of their care team are fully informed.

## EVIDENCE-BASED PROGRAMS

### REFER PATIENTS TO PROGRAMS SUCH AS:

- + Diabetes Prevention Program (DPP)
- + Chronic Disease Self-Management Program (CDSMP)
- + Diabetes Self-Management Program (DSMP)
- + YMCA Blood Pressure Self-Monitoring Program (YBPSMP)

## PERINATAL REFERRALS

### REFER PATIENTS TO:

- + Prenatal, postpartum, and infant services for Healthy Families (Onondaga County)



Achieve **patient-centered goals** through community-based organizations and services in their area.



Create an **embedded, HIPAA-compliant, bi-directional communication method**, utilizing **Direct Mail** services between healthcare providers and community-based services.

For more information on how Community Referrals can benefit your organization and your patients, please **contact your Customer Engagement Specialist or HealthConnections Support at 315-671-2241 ext. 5.**



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# Community Referrals: Evidence-Based Programs

One or more of these programs may be available in your area through Community Referrals

**Evidenced-based** programs are established based on rigorous study of specific interventions or model programs that have demonstrated outcomes. These programs can translate into **positive lifestyle changes** in **health-related measures** for individuals, and are found in many community settings in Central New York.

## Diabetes Self-Management Program (DSMP)

**The DSMP is a workshop for people with Type 2 Diabetes.**

**Duration:** 6-week course, 2.5-hour meeting once per week

**Setting:** Senior centers, churches, libraries, hospitals, and other community settings

### Each workshop offers:

- + Two trained leaders; one or both of whom are non-health professionals with diabetes themselves
- + Content and materials for the workshop are reviewed yearly to meet current American Diabetes Association standards

### Topic content includes:

- + Techniques to deal with the symptoms of diabetes including fatigue, pain, hyper/hypoglycemia, stress and emotional problems
- + Appropriate exercise
- + Healthy eating
- + Appropriate use of medication
- + Working effectively with health care providers

## Chronic Disease Self-Management Program (CDSMP)

**The CDSMP is a workshop developed for people with different chronic health problems who attend the workshop together.**

**Duration:** 6-week course, 2.5-hour workshop once per week

**Setting:** Senior centers, churches, libraries, hospitals, and other community settings

### Each workshop offers:

- + Two trained leaders, one or both of whom are non-health professionals with chronic diseases themselves
- + Physicians and other health professionals both at Stanford and in the community have reviewed all content and materials in the workshop

### Topic content includes:

- + Techniques to deal with frustration, fatigue, pain and isolation
- + Appropriate exercise
- + Effective communication with family, friends and health professionals
- + Nutrition
- + Decision-making
- + Evaluation of new treatments



Choose the right program



Make the referral



Hear back on patient progress



# Community Referrals

## Diabetes Prevention Program (DPP)

**The Diabetes Prevention Program is a yearlong lifestyle change program. It is proven to prevent Type 2 Diabetes in people with pre-diabetes and at high risk for Type 2 diabetes.**

**Duration:** 1 Year: Workshops once per week for 6 months, then maintenance sessions once per month for 6 months

**Setting:** Senior centers, churches, libraries, hospitals, and other community settings

### Each workshop offers:

- + A lifestyle coach, specially trained to lead the program
- + CDC-approved curriculum with lessons, handouts and other resources to make healthy changes
- + Strategies for participants to lose and maintain 5-7% of their body weight

### Topic content includes:

- + Healthy eating
- + Physical activity
- + Techniques to deal with stress

## YMCA Blood Pressure Self-Monitoring Program (YBPSMP)

**The YBPSMP assists participants in taking action to improve their heart health through a program that helps adults with hypertension lower and manage their blood pressure.**

The program focuses on regular monitoring of one's blood pressure at home using proper measuring techniques, individualized support and nutrition education in an effort to reduce blood pressure and improve their quality of life.

*No participants with recent cardiac events or who have atrial fibrillation or other arrhythmias will be invited to attend.*

**Duration:** 4-month program

**Setting:** YMCA and other community settings

### Each workshop offers:

- + Trained Healthy Heart Ambassadors who provide individualized support to participants
- + One of the YMCA's suite of evidence-based chronic disease management programs

### Topic content includes:

- + Self-measuring blood pressure at least two times a month
- + Two personalized consultations per month
- + Monthly nutrition education seminars
- + Recording blood pressure readings on a self-selected tracking tool

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