



**Diabetes and Cardiovascular Health Program**  
**Self-Referral Form**

Complete hard copy form or go online to register at:



**Contact Information**

First and Last Name: \_\_\_\_\_

Phone (required): \_\_\_\_\_ Email: \_\_\_\_\_

Preferred Language:       English    Spanish    Other: \_\_\_\_\_

**Program Interest**

Please select the program, or programs you are interested in participating in. These evidence-based programs are available at no cost to you!

- Ready for Health** – a diabetes prevention program (formerly National DPP) *1 hour per week, 16 weeks; followed by 6 months of follow-up Virtual and In-Person*

Trained Lifestyle coaches help participants lower their risk of getting type 2 Diabetes by eating healthier, increasing physical activity, and losing weight. **This program is for adults who are pre-diabetic and at high risk of developing type 2 diabetes.**



- Healthy Heart Ambassador Blood Pressure Self-Monitoring with Coaching** *10-minute personalized 1-on-1 meetings twice monthly with a coach, 1-hour monthly group nutrition seminars, 4 months*

Trained Coaches teach **adults with high blood pressure** how to accurately measure their own blood pressure and encourages them to use this skill to communicate with their physician to better manage their health. Participants receive blood pressure cuffs and tracking tools to monitor blood pressure at home.



**Congratulations on taking this step to improve your health!**

Our Lifestyle Change Program Navigator will be in touch to follow up about your program interest via phone. For enrollment support or questions, contact Rosa Leon at 401-603-8414 or [Rosa.Leon.CTR@health.ri.gov](mailto:Rosa.Leon.CTR@health.ri.gov).

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