

Patient Resources

Patient Name: _____ DOB: _____ Chart # _____

Once you have set your goals:

Living Healthy guide www.webmd.com/living-healthy

Understanding Diabetes guide www.webmd.com

The Foods You Choose Healthy Eating guide www.choosemyplate.gov

CDC Home Safety Checklist www.cdc.gov search for Home Safety Checklist

Diabetes Self-Management classes www.lebonheur.org

"Living Well for Better Health" classes 1-800-404-3006 www.tn.gov/health/topic/CDSM

GENERAL

Your local Agency on Aging can help you find information about transportation services, Meals on Wheels, classes on healthy living and more.

Local Area Agency on Aging 1-901-222-4100 www.payingforseniorcare.com

For more information about health and human services in Tennessee: Dial 2-1-1 www.tn211.mycommunity.com

Medicare Annual Wellness Visit information for patients www.medicareinteractive.org/get-answers.medicare

ALCOHOL

Local Memphis Alcoholics Anonymous (AA): 24-Hour Hotline 901-454-1414 www.aa-meeting.com

FALLS

"A Matter of Balance: Managing Concerns about Falls" classes: 1-615-532-7778 www.tn.gov/health/article/fall-prevention

PHYSICAL ACTIVITY

Go4Life 1-800-222-2225 www.nia.nih.gov/go4Life

TOBACCO

Memphis Tobacco Helpline: 1-800-748-8669 www.health.tn.gov/tobaccoquitline

Provider's Signature: _____ Date: _____