

## DIABETES SELF-MANAGEMENT VIDEO SESSIONS FOR PATIENTS AT SMMC CLINIC

Do you care for HPSM members who are established patients at San Mateo Medical Center's (SMMC's) 39th Ave. Clinic, and have been diagnosed with pre-diabetes or diabetes type 1 or 2? If so, these members can be referred to SMMC's Diabetes Self-Management Education (DSME) program for individual video sessions with a diabetes educator. The DSME program offers individual sessions, in English and Spanish, on the basics of pre-diabetes and diabetes, and on how healthy nutrition and exercise habits help prevent diabetes type 2 or reduce the risk of diabetes-related complications. When patients enroll, their PCPs receive follow up recommendations and updates from the diabetes educator.



### DSME REFERRAL FORM

To refer a patient, complete a referral form via SMMC's eClinical Works (eCW) system and email it to Innovative Care Clinic's Diabetes Educator Nicky Reynicke at [nreynicke@smcgov.org](mailto:nreynicke@smcgov.org). You can also email Nicky if you need assistance locating the referral form or have questions about the DSME program.

