



Paths to Health NM

Tools for **Healthier** Living

To **enroll in one or more** of these **FREE Programs** contact:

505.850.0176

or

575.703.2343

Provider

Practice

Patient



As we discussed, I am referring you to the **Paths to Health NM** program marked below. These programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. They have been proven to work and improve quality of life.

Prevention Programs

- ☐ **National Diabetes Prevention Program (NDPP)** – A year-long program for adults who have prediabetes or are at risk for developing type 2 diabetes
- ☐ **Falls Prevention Programs** – Proven to help older adults reduce their risk of falls and injuries through muscle strengthening, balance and gait training

Self-Management Programs

- ☐ **Chronic Disease Self-Management Program (CDSMP)** – For adults who have one or more chronic health condition
- ☐ **Diabetes Self-Management Program (DSMP)** – For adults who have type 2 diabetes
- ☐ **Chronic Pain Self-Management Program (CPSMP)** – For adults who are living with chronic pain
- ☐ **Cancer: Thriving and Surviving (CTS)** – For adults who have cancer or are in remission
- ☐ **HIV: Positive Self-Management Program (PSMP)** – For adults who are living with HIV

Provider Signature

/ /
Date



HealthInsight



CITY OF ALBUQUERQUE
DEPARTMENT OF SENIOR AFFAIRS

