

CHRONIC DISEASE PREVENTION & CONTROL PROGRAMS

Refer patients with eligible conditions to these **no-cost** programs
Offered through the State of Alaska Division of Public Health

DIABETES PREVENTION & CONTROL PROGRAMS diabetes@alaska.gov

IN - PERSON DIABETES PREVENTION PROGRAM

Evidence-based, lifestyle change program focusing on affordable healthy eating and physical activity.

Who is eligible? Individuals with prediabetes or who screen as at risk for diabetes.

How do I refer? Find your local site at diabetes.alaska.gov.

DIABETES SELF-MANAGEMENT EDUCATION AND SUPPORT PROGRAM

In-person, evidence-based program that provides health education to patients by a healthcare team on disease management.

Who is eligible? Individuals with any type of diabetes.

How do I refer? Find your local site at diabetes.alaska.gov.

DISTANCE DELIVERED PROGRAMS

Online/App Based Diabetes Prevention & Self- Management Education and Support Programs

Evidence-based programs are available online or through an app with Fresh Start.

Clients may sign up by enrolling at Freshstart.alaska.gov.

Who is eligible? Individuals with diabetes or who screened at risk for prediabetes.

How do I refer? Visit Freshstart.alaska.gov to learn more or sign up.

HEART DISEASE PREVENTION & CONTROL heart@alaska.gov

SELF-MEASURED BLOOD PRESSURE MONITORING

In-person, evidence-based program offered in individual and cohort style settings. Can be provided in community or clinical settings.

Who is eligible? Alaskans with a diagnosis of HTN or elevated BP.

How do I refer? Find your local site at heart.alaska.gov.

ONLINE SELF-MANAGEMENT EDUCATION AND SUPPORT PROGRAM

Evidence-based program that provides patient health education available online or through an app with Fresh Start. Clients may sign up by enrolling at

Freshstart.alaska.gov.

Who is eligible? Alaskans with a diagnosis of HTN or elevated BP.

How do I refer? Visit Freshstart.alaska.gov to learn more or sign up.

CANCER DETECTION & TOBACCO CONTROL cancer@alaska.gov

LADIES FIRST: BREAST & CERVICAL CANCER EARLY DETECTION PROGRAM

Mammograms and pap tests, diagnostic tests when needed, and referral for financial support for treatment.

Who is eligible? Alaskans, ages 21-64, low income

How do I refer? Become a LF Provider, call 907-269-4662

More details: dhss.alaska.gov/dph/wcfh/

TOBACCO QUITLINE

Personalized cessation services including text, email, phone coaching and some nicotine replacement therapies.

Who is eligible? Alaskans, age 18+

How do I refer? Have patient call 1-800-QUIT-NOW (784-8669)

More details: alaskaquitline.com

