

## Definitions

<sup>1</sup>**Free Treatment** means diabetes and hypertension treatment in the Adult Health Program, which includes:

Visits with the nurse and other clinical staff such as the nutritionist

Lab work (SHAPP Lab, CMP, Hemoglobin A<sub>1</sub>C, U/A, Hemoglobin, CBC, Lipid Panel, EKG, PSA, Insulin Level)

Medication provided by the Adult Health Program for Treatment of Diabetes and Hypertension

Annual physical exam

Additional services and tests that the nurse deems appropriate

<sup>2</sup>**Desirable Healthy Weight** is defined as:

For women: 100 pounds plus five pounds for each inch of height over five feet.

For men: 105 pounds plus five pounds for each inch of height over five feet.

<sup>3</sup>**Normal Without Medication** is defined as:

Fasting blood sugar under 125 AND

Hemoglobin A<sub>1</sub>C under 6

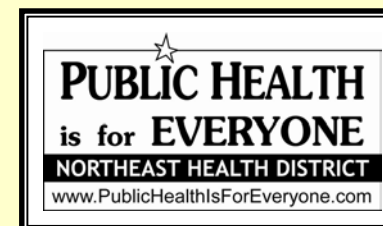
Blood pressure under 130/90

10/8/03

## Free Treatment for Diabetes and Hypertension with Weight Loss!

If you are overweight and have diabetes and/or hypertension, losing weight is one of the best things you can do to improve your health. In fact if you do not lose weight, your case will become too complicated for a public health nurse to manage. Many people could control their diabetes and sometimes their blood pressure with weight loss and no medication. As an incentive to help people lose weight, Public Health is prepared to offer

**FREE TREATMENT!**



**Public Health is prepared to offer FREE TREATMENT<sup>1</sup> for diabetes and hypertension if you:**

- Are a regular paying patient at a Health Department in the 10-county Northeast Health District.
- Are a non-smoker.
- Are approved by the Public Health Nurse and Dr. Burnett to be eligible for the free program. Health history, weight history, and clinical and laboratory evaluations will be reviewed.
- Lose at least 10 pounds from a baseline measured by the Health Department since June 2003.
- Continue to lose at least five pounds every three months thereafter until your desirable healthy weight<sup>2</sup> is achieved or until either your blood sugar or blood pressure is normal without medication.<sup>3</sup>
- Comply with your nurse's orders and your signed *Cardiovascular Disease Clinic Patient Agreement*.
- Allow the Health Department to use your weight loss success story to encourage others to lose weight. [Your name will not be used unless you specifically agree to be identified.]

Free care will end if five or more pounds are regained and the blood sugar or blood pressure is abnormal. Free care will be re-started when weight goes down again to the previous low or blood sugar or blood pressure is normal without medication.

Initial and continuing eligibility is at the sole discretion of Dr. Burnett. The Health Department reserves the right to cancel the incentive program at any time.

For more information, call your  
County Health Department or the  
Health Information Line at  
1-800-4PD-HELP (473-4357)

Please refer to the definitions for **Free Treatment<sup>1</sup>**, **Desirable Healthy Weight<sup>2</sup>** and **Normal Without Medication<sup>3</sup>** on the back of this page.