

# CLINIC LOCATIONS

**YMCA of South Collier / Marco YMCA**  
101 Sand Hill Street  
Marco Island FL 34145



**David Lawrence Center**  
Co-located inside of the Marco YMCA



**Academia Sanchez Casal  
Center for Health Performance**  
2035 Sanchez-Casal Way  
Naples, Florida 34105



www.MyCoreHealthPartners.com



Phone: 239-394-9622 Ext 128  
CHP Direct: 239-970-8293  
CHP Admin: 239-571-9015  
Fax: 239-394-5379

Physician's Signature: \_\_\_\_\_

Clinic Name: \_\_\_\_\_

Clinic Number: \_\_\_\_\_

Comments: \_\_\_\_\_

NPI #: 1649815200

# MEDICAL REFERRAL

Date \_\_\_\_\_

Patient Name \_\_\_\_\_

DOB \_\_\_\_\_ Phone Number \_\_\_\_\_

Diagnosis \_\_\_\_\_

Evaluate & Treat

Physical Therapy

Occupational Therapy

Aquatic Therapy

Sports Medicine

Population Health Therapy

Improve health outcomes for patients with chronic conditions or risk of chronic disease. Population Health Therapy includes: 1x Evaluation with therapist for independent exercise program development. Subsequent visits if needed to learn program for safe and independent exercise.

Nurse Navigation

- Regular health assessments and health screens.
- Ongoing support at the YMCA for lifestyle modification.
- Referral into programs and services at the YMCA.
- Ongoing support at the YMCA for lifestyle modification.

Behavioral Health



- Referral to an on-site Licensed Mental Health Clinician.
- Clinical Assessment to assess psycho-social status.
- Depression Screening
- Short term counseling to improve coping skills.

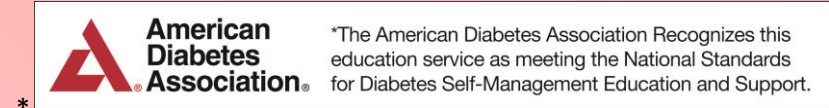
Diabetes Self-Management & Education (DSME)

The ongoing process of facilitating the knowledge, skill, and ability necessary for diabetes self-care. The overall objectives of DSME are to support informed decision making, self-care behaviors, problem solving, and active collaboration with the health care team and to improve clinical outcomes, health status, and quality of life. Initial DSME includes 10-hours of education\* and self-management techniques and for those living with type1, or type 2 diabetes. The 10-hour DSME program includes a one-hour session with registered dietitian and four follow up group sessions in the Diabetes Alliance Network's (DAN) DSME program.

The group sessions topics are:

- What Do I Do Now?** (2 Hours)
- What Can I Eat?** (3 Hours)
- How Can I Take Control?** (2 Hours)
- How Do I Stay on Track?** (2 Hours)

**NOTE:** Those completing the initial 10-hour DSME program are eligible for 2-hours of maintenance in each subsequent year.



Core Health Partners and the South Collier YMCA/ Marco YMCA have been Recognized by the American Diabetes Association for Diabetes Self-Management Education\* and Support.

Medical Nutrition Therapy (MNT)

Nutrition services to help improve health includes:

- A. Reviewing eating habits and lifestyle.
- B. Thorough assessment of your nutritional status.
- C. Personalized nutrition treatment plan.

**NOTE:** The initial visit with a registered dietitian nutritionist takes approximately one hour. After the first session, the RDN will schedule follow-up appointments to check on your progress and see if changes are needed in the patient's nutrition goals and treatment plan.

**PLEASE FAX REFERRAL TO: Core Health Partners 239-394-5379**