CHRONIC DISEASE PREVENTION & LIFESTYLE MANAGEMENT (GROUP MEDICAL VISITS) REFERRAL GUIDELINE

High Risk

Suggested Emergent Consultation

Moderate Risk

Suggested Consultation or Co-Management

Low Risk

Suggested Routine Care

CLINICAL PRESENTATION

Adults (18+) who are interested in a multiple week group medical visit program to help make healthy lifestyle changes

AND

Have or are at risk of having a chronic medical disease, chronic pain, or mental health issues

SUGGESTED MANAGEMENT

Referral to: REF8070

Nurse/health coach will contact patient from:

Integrated Medicine Division, Falmouth Family Medicine
5 Bucknam Road
Falmouth, ME

CLINICAL PEARLS

- Services Provided:
  - Virtual and live one-hour group medical visits over an initial four consecutive weeks, with an option for more, led by physicians and a lifestyle coach.
  - Group medical visits, goal setting, coaching and support
  - Remote patient monitoring and resource tablet provided

- Other Resources:
  - COOKING MATTERS: Six-week virtual classes that teaches adults about healthy meal preparation and shopping on a limited food budget.
  - Patients self-refer by contacting Courtney Kennedy, Nutrition and Education Manager at Good Shepherd Food Bank at ckenney@gsfb.org or (207) 782-3554 X1125
  - Pediatric Chronic Disease and Lifestyle Management Guidelines will be forthcoming.