

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

Maine Medical Partners - Falmouth Family Medicine · 5 Bucknam Rd, Falmouth, ME · (207) 781-1500

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 ckennedy@gsfb.org or (207) 782-3554 X1125
 - * Pediatric Chronic Disease and Lifestyle Management Guidelines will be forthcoming.