

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

CHRONIC DISEASE SELF-MANAGEMENT

In-person, six-week cohort style workgroups focused on managing chronic diseases. Provided by trained facilitators in the community. Helps patient develop goals and action plans for better health.

Who is eligible? Alaskans diagnosed with or at risk for any chronic disease

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 patients health education from a healthcare team on disease management.

Who is eligible? Individuals with diabetes

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

DISTANCE DELIVERED PROGRAMS

Telephonic Diabetes Prevention program

Evidence-based program available via phone consultation with InquisitHealth. Clients may sign up by texting "HEALTH" to 600400.

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

Evidence-based programs are available online or through an app with Omada Health. Clients may sign up by enrolling at www.omadahealth.com/alaska or at diabetes.alaska.gov.



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 Omada Health. Clients may sign up by enrolling at www.omadahealth.com/alaska or at heart.alaska.gov.



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/Pages/ladiesfirst

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

