



# ARE YOU AT RISK?

Type 2 Diabetes? • Pre Diabetes?

You don't need a doctor's referral, but we are happy to receive a referral if you have one.

To make an appointment please telephone the Intake staff on:

(03) 9738 8801

Ranges Community Health Lilydale

(03) 9754 8963

Ranges Community Health Belgrave

or

1300 130 381

Yarra Valley Community Health

**Look us up at:**

[www.rangeschs.org.au](http://www.rangeschs.org.au) or

[www.easternhealth.org.au/service/community](http://www.easternhealth.org.au/service/community)

## We look forward to meeting you

## Risk Factors for Type 2 Diabetes

- Are you aged 45 plus?
- Are you overweight?
- Do you have high blood pressure? *(on medication)*
- Do you have high cholesterol?
- Do you have high blood glucose? *(impaired glucose tolerance)*
- Are you an Aboriginal or Torres Strait Islander over 35 years?
- Do you have a history of gestational diabetes?
- Do you have a family history of Type 2 Diabetes?

Answering **yes** to any of these questions may indicate an increased risk of developing **Type 2 Diabetes**

# Healthy Living

## NEXT EXIT



We have a program to assist you to get the most out of life

**We are also located at:**

Ranges Community Health  
17 Clarke Street Lilydale 3140  
1624 Burwood Highway Belgrave 3160

Yarra Valley Community Health  
White Street Healesville *(behind the hospital)*  
Shop 2/297 Maroondah Hwy Healesville 3777  
& 2475 Warburton Hwy Yarra Junction 3797



If you have any English language difficulties, please ask staff to book an interpreter. From home, you can contact us directly by using the Telephone Interpreter Service on 13 1450. Interpreter services are provided free of charge. Ask staff to check if this information is available in your preferred language.



Early Intervention in Chronic Disease



## A program to assist you to get the most out of your life

Do you have Type 2 Diabetes or are you at risk of developing this condition?

Check the risk factors listed in this leaflet.

Our new program can assist you to make healthy lifestyle changes and be actively involved in your own care which will result in you feeling fitter, healthier and in control.

## Sounds interesting?

Our specialist health care team, including a Key Worker, have been specifically trained to support you to make changes and develop new skills.

## The program focuses on:

- Care coordination so you always know where you are heading
- Supporting you to make healthy decisions
- Assisting you to set goals you can achieve
- Providing up to date information
- Linking with your health care providers and your GP so everyone is kept in the loop
- Allowing you to make informed choices and decisions

## How does this occur?

A **Key Worker** will be allocated to assist you with the program and to act as your contact person.

The Key Worker will arrange for you to access other members of the team who can assist you in more specific areas.

These include:

- Nutrition and food advice
- Foot care
- Diabetes advice and education
- Exercise and mobility
- Counselling support

The Key Worker and the team members will support your decisions and goals by giving you useful information and practical ideas and assistance.

The Key Worker will advise your GP practice about your 'healthy living plan' to ensure your decisions are supported.



## First appointment

The Key Worker will talk to you about your health and what you feel are the most important areas to focus on.

You may wish to start immediately to achieve your goals or you may prefer to wait and see the other team members.

As you achieve your goals, you will feel in greater control of your own wellbeing and able to make informed and healthier choices in the future.

The result? Why don't you try the program and find out for yourself?

## Keeping the focus

The Key Worker will contact you on a regular basis.

You may also contact the Key Worker yourself for assistance or clarification and to discuss any difficulties or successes you may have.

You make the decisions — we support you to achieve the goals!