

TEAMWORK = HEALTHY DELTA

Coalition Partners:

Delta Health Alliance-Lead
Northwest MS Regional Medical Center
Delta State School of Nursing / Delta AHEC
MS Department of Health, Regions 1, 3
University of Tennessee Eye Institute
Fannie Lou Hamer Cancer Foundation
Tate County Rural Health Coalition
Washington County Diabetes Council
Northeast Mississippi Healthcare, Inc.
Camp Hopewell, Inc.

Eye Screening Locations:

Greenville Clinic
Indianola Family Medical Group
North Sunflower Medical Clinic
Aaron E. Henry Community Health Center –
Clarksdale, Tunica and Batesville

Team Sugar Free Helpline Toll-Free: 1-877-850-9312

- Sign up for a Diabetes Education Program near you.
- Enroll in our Personal Health Management Program for appointment reminders, A1c tracking, and tips for managing diabetes for qualified diabetics.
- Locate clinics offering vision screening
- Find a medication management program



HELPLINE:

1-877-850-9312
or 662-580-0220 (Greenville area)

ADDRESS:

435 Stoneville Road
Stoneville, Mississippi 38776
Phone: 662-686-7004
Fax: 662-686-3522

E-MAIL:

teamsugarfree@deltahealthalliance.org

TEAM Sugar Free and the Diabetic Retinopathy Screening project are services provided by Delta Health Alliance and funded in part by Human Resources and Services Administration, Office of Rural Health Policy, Grant Number 2 D60RH08555-04-00. For more information about the Delta Health Alliance visit www.deltahealthalliance.org.

This diabetic retinopathy screening service is provided in partnership with the UTHSC Hamilton Eye Institute and Hubble Telemedical Inc.

Diabetes & You...

the Delta Way



Feeling Better Through Teamwork

What is TEAM Sugar Free?

TEAM Sugar Free is a program to help people with diabetes offered by Delta Health Alliance. The word T-E-A-M stands for Training, Education, Access and Management. It is funded by the Office of Rural Health Policy, through HRSA. "Sugar Free" refers to the healthy life-style needed for people with diabetes.

What services does TEAM Sugar Free provide for people with diabetes?

EDUCATION FOR DIABETES MANAGEMENT. DHA's nurses and partners provide free diabetes education classes in every TEAM county. Folks living near Northwest MS Regional Medical Center may also be able to attend their ADA certified educational program for people with diabetes. It is available through some insurances or through scholarships for those who qualify.

HEALTH SCREENINGS. All partners offer free screenings for blood pressure, blood sugar, and obesity.

VISION SCREENINGS. Everyone should see their eye doctor every year for an eye exam that checks for diabetic eye disease. If you do not have an eye doctor, you can visit a doctor that partners with DHA and the University of Tennessee Hamilton Eye Institute that provides screenings right in the doctor's office.



Nurse educator Korninthia "Dee" Smith discusses healthy foot care during a "Diabetes University" class for people with diabetes.

PERSONAL MANAGEMENT FOR HIGH RISK PATIENTS. Our nurses provide personal care management in many counties. If you have very high blood sugar, or if you have recently been discharged from the hospital, you may be able to join this program. The nurses will answer questions, help you set weight loss or meal planning goals, and help you remember appointments and special diabetes facts throughout the year.

MEDICATION COUNSELING FOR HIGH RISK PATIENTS. Sometimes people have questions about their medicine. When they do, the University of Mississippi School of Pharmacy can help in participating counties. They will look at all your medicines, help you understand side effects, and help you understand the exact instructions to take the medicine so it will work just right.