

Chronic Disease Self-Management Program (CDSMP) Letter/Email Template for Healthcare Providers

Customize this template and mail or email to healthcare providers who refer patients to a chronic disease self-management program (CDSMP).

Dear [INSERT PROVIDER NAME],

Thank you for your invaluable commitment to the well-being of all Iowans, particularly those with type 2 diabetes. Your pivotal role in referring patients to a *chronic disease self-management program* (CDSMP) and initiating local programs in your community is instrumental in helping more people improve their symptoms and develop the confidence and skills for healthier, more fulfilling lives.

Better Choices, Better Health

Better Choices, Better Health is a low-cost, evidence-based program in Iowa that empowers participants to make informed health choices. Led by trained instructors, it brings together groups of 8 to 16 adults once a week for two hours over six weeks, where they learn:

- Techniques to deal with depression, frustration, fatigue, pain and isolation.
- Exercise tips for maintaining and improving strength, flexibility and endurance.
- Practical tips for building better eating habits.
- Breathing, relaxation and other techniques for reducing anxiety and stress.
- Ways to effectively communicate with family members, friends and healthcare providers.
- How to evaluate new treatments and manage medications.

Participating in programs like this dramatically improves and sustains healthy habits, resulting in better outcomes, including reduced hospital visits. The best times to refer patients to a CDSMP are:

- At diagnosis
- Annually
- When complicating factors occur
- During transitions of care

Where to Learn More

To further support your advocacy efforts for these services, the Iowa Department of Health and Human Services (Iowa HHS) provides a wealth of resources at [HHS.iowa.gov/Diabetes](https://hhs.iowa.gov/Diabetes). These materials include comprehensive program details, screening criteria and costs, as well as the requirements and process for starting a Better Choices, Better Health program in your area.

You are essential in supporting your patients and others in managing their diabetes. By accessing these valuable resources, more individuals can benefit from the knowledge and support necessary for a healthier future.

Once again, thank you for all you do to protect and improve Iowans' health. If you have questions, please do not hesitate to contact [\[me/us\]](#).

Sincerely,

[INSERT NAME, TITLE, ORGANIZATION]