

# DEAR MISSOURI PHYSICIAN,



Southeast Missouri finally has the means to provide ongoing support for those in the area suffering from chronic diseases. M Power is offering **FREE** self-management programs to anyone who needs this support. Help your patients live **HEALTHIER, HAPPIER** lives by referring them to M Power programs in their area.



## Q. WHAT IS M POWER?

M Power is a regional initiative committed to improving the health of those affected by chronic disease by providing individuals the tools they need to better manage their symptoms. We're here to help your patients achieve a better quality of life.

## Q. WHAT IS M POWER'S GOAL?

M Power was formed with goals dedicated to

- Improving the health of those with chronic diseases through the teaching of evidence-based self-management programs
- Caring for individuals diagnosed with diabetes in Southeast Missouri's rural counties
- Bettering cardiovascular health and quality of life throughout the region with prevention education
- Promoting healthy choices that lead to a reduced risk of developing a chronic disease
- Ensuring those with or at risk for chronic diseases have access to the necessary prescription medications and support they need

## Q. IS M POWER SPONSORED?

No, M Power is completely funded by a Health Resources and Services Administration (HRSA) grant.

## Q. ARE SESSIONS WITH M POWER FREE TO THE PUBLIC?

Thanks to the HRSA grant, all services offered through M Power are free.

## Q. HOW OFTEN ARE CLASSES HELD?

Class enrollment is on a rolling basis and varies by county. For more information, visit [www.MPowerYou.org](http://www.MPowerYou.org) or contact your local health department to find the next start date.

## Q. HOW MANY SESSIONS ARE THERE?

Six sessions, offered weekly for one-half to two hours.

## Q. DO YOU HAVE TO ATTEND THE FIRST CLASS IN ORDER TO PARTICIPATE IN ALL SIX MEETINGS?

While the patient will get the most out of attending all six sessions, participants can join the program during session two. The enrollment period ends after session two.

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# They're **COUNTING ON YOU.**

## Q. DOES THE DIABETES SELF-MANAGEMENT CLASS INCLUDE THOSE DIAGNOSED WITH TYPE 1, TYPE 2 AND PRE-DIABETIC PATIENTS?

Yes.

## Q. WHAT HEALTH DEPARTMENTS ARE AFFILIATED WITH M POWER?

Bollinger County Health Center  
Cape Girardeau County Public Health Center  
Dunklin County Health Department  
Madison County Health Department  
Mississippi County Health Department  
New Madrid County Health Department  
Pemiscot County Health Center

Perry County Health Department  
Scott County Health Department  
St. Francois County Health Center  
Ste. Genevieve County Health Department  
Stoddard County Public Health Center  
Washington County Health Department

## Q. WHAT CHRONIC DISEASES ARE YOU TARGETING?

Although our program is not limited, those with diseases such as arthritis, asthma, lupus, fibromyalgia, COPD, emphysema, heart disease and diabetes may see the most benefit from attending sessions.

## Q. ARE THERE OTHER SERVICES OFFERED THROUGH M POWER?

**Yes, M Power offers the following services:**

Arthritis Workshops  
Chronic Disease Self-Management Workshops  
Diabetes Self-Management Workshops  
Dietitian Services

Flu Clinics  
Freedom From Smoking Workshops  
Mental Health Programs  
Prescription Drug Assistance

## Q. DOES THE PATIENT NEED A REFERRAL FOR DIETITIAN SERVICES?

We would prefer a referral for dietitian services to help us obtain labs from the physician's office and for future billing purposes, but it is not a necessity.

## Q. WHO ARE DIETITIAN SERVICES AVAILABLE FOR?

Dietitian services are available for patients at risk or diagnosed with diabetes, high blood pressure, stroke, heart disease, obesity and high cholesterol.



Help us empower Southeast Missourians to GET WELL.  
[www.MPowerYou.org](http://www.MPowerYou.org)