

APPENDIX F

Pre-Group Program Letter Macro

Last updated: May 9, 2022

<Current Date>

<PATFIRSTNAME> <PATLASTNAME>

<PATADDRESS>

<PATCITY>, <PATPROVINCE>

<PATPOSTALCODE>

Dear <PATFIRSTNAME> <PATLASTNAME>,

Dr. <FAMPHYSLASTNAME> has indicated you are requesting health & lifestyle management education and supports related to:

[Blood pressure/hypertension |

Caregiver Supports |

Cholesterol or Heart Health |

COPD |

Diabetes or Prediabetes |

Fatty liver or Liver enzymes |

General Health & Wellbeing (Including weight management) |

Long Covid / Post Covid Condition

Mental health & Wellbeing |

Pain Management |

Smoking Cessation]

The Health Management Group Program Guide, available from the Winnipeg Regional Health Authority, provides a listing of group education sessions. These sessions are facilitated in-person and virtually at specific dates and times, allowing you to ask questions, if you so choose. Some sessions are also available in a recorded version that you can watch at your convenience, without the option to ask questions.

The list of available health management programs can be found at www.wrha.mb.ca/groups.

If you do not have internet access, please call [204-XXX-XXXX | 204-XXX-XXXX] to discuss other service options

Feel free to review the program listings and register for any programs that are of interest to you. Given the information provided by your doctor, you are encouraged to look into the following program(s) for upcoming dates and times:

[Chronic Pain Self-Management |

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Commit 2 Quit / Packing it in |
COPD |
Cognitive Behaviour Therapy with Mindfulness (CBTm) |
Craving Change |
Diabetes |
Getting Better Together |
Heart Health |
Long Covid Self-Management |
Nutrition For Busy People |
Physical Activity Essentials |
Powerful Tools for Caregivers |
Preparing for Success
Well 4 U |

[In addition to the above recommended program(s), if you are interested in exploring your relationship with food, you may also want to look into Craving Change (from the Health Education Programs listing above), or contacting the Women’s Health Clinic about their Eat Your Heart Out program by calling 204-947-2422 ext 537 or email whcdietitian@womenshealthclinic.org | null]

[For people referred for nutrition classes: If you have private health insurance that may cover some of the cost, you can also find a private practice dietitian here: <https://www.collegeofdietitiansmb.ca/find-a-dietitian/private-practice/> | null]

After participating in any of the virtual sessions and/or watching recorded videos, please call [204-XXX-XXXX | 204-XXX-XXXX] if you have any questions, or would like further support.

[Provider, Title | Name, Title | Name, Title]
Team Name or Workplace
[204-XXX-XXXX | 204-XXX-XXXX | 204-XXX-XXXX]

Cc: Dr. <FAMPHYSLASTNAME>