



## Carefirst Diabetes Education Program Self-Referral Form

Please drop off completed form at our office or  
fax to Carefirst Diabetes Education Program at (905)-695-0826

Carefirst Diabetes Education Program offers education workshops for **FREE**. Are you:

I was diagnosed with Diabetes or Prediabetes

我被确诊为糖尿病 或 糖尿病前期

I am at high risk of developing diabetes (*Family history/ overweight or obese / high cholesterol/ Blood Pressure/ above 40 years age/ belonging to high risk: Asian, South Asian, and Hispanic*)

我属于糖尿病高危人群 (家族遗传/超重 或 肥胖/高胆固醇/高血压/ 四十周岁以上 /属于高危人群: 亚洲人,南亚人和西班牙裔)

**Please tell us how do you know about our program? Community workshop or event/ health fair/friend or relative**

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Last Name 姓 \_\_\_\_\_ First Name 名 \_\_\_\_\_ M  F

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Contact Number: \_\_\_\_\_ OHIP Number: \_\_\_\_\_  
Day / Month /Year

Address: \_\_\_\_\_  
Street Number Street Name Unit/ Apt City Postal Code

Preferred Location:  Scarborough Site: (Midland and Mc Nicoll Ave)  Richmond Hill/ Markham Site (High way 7 East)

Preferred Language:  Cantonese  Mandarin  English  Other (Gujarati/Hindi/Tamil) \_\_\_\_\_

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Do you have a family doctor?  Y  N

Doctor Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone Number \_\_\_\_\_

**I consent Carefirst DEP to obtain my latest bloodwork and other medical information from my Family doctor to help and support me understand diabetes self-management**

我同意 Carefirst DEP 通过我的家庭医生获取我近期的验血报告和其他医疗信息，以帮助和支持我了解糖尿病的自我管理

Yes  No

\_\_\_\_\_  
Signature of Client

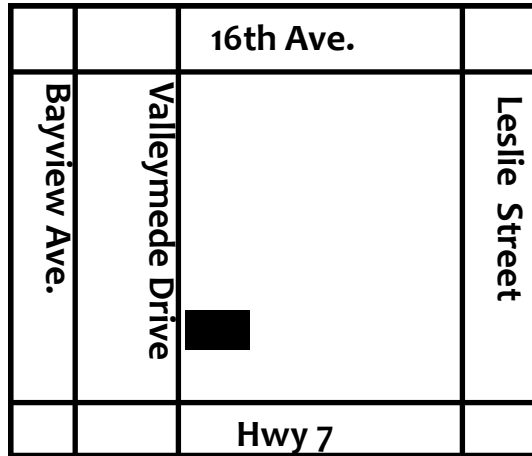
\_\_\_\_\_  
Date

.....  
**Our diabetes education program offers individual counselling, healthy eating out, grocery tours, cooking classes, kidney health and stress management, weight management and exercise programs. For more information, please ask our registered nurses and registered dietitians appointment.**

**If you have further questions, please contact (905) 695 1140**

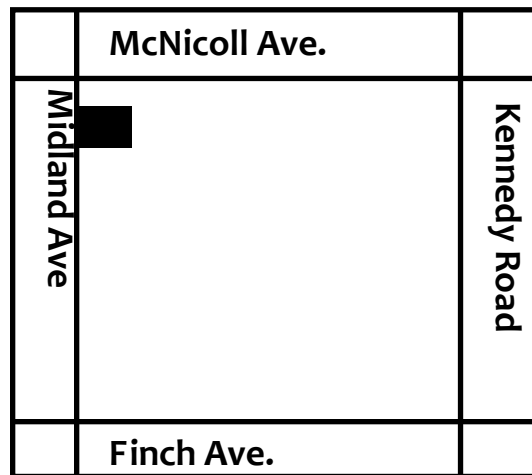
**Carefirst Diabetes Education Program Richmond Hill/ Markham**  
**Phone: 905-695-1140/ 416-847-0283 Fax: 905-695-0826**

420 Hwy 7 East, Unit 27, Richmond Hill, ON L4B 3K2  
Hours: 12 noon – 8:00 pm (Mon, Tue)  
9:00 am – 5:00 pm (Wed-Fri)



**Carefirst One Stop Multi Service Access Centre Diabetes Education Program**

2<sup>nd</sup> Floor, 300 Silver Star Boulevard  
Scarborough, ON M1V 0G2  
Hours: 9:00 am – 5:00 pm (Mon, Wed, Thurs, Fri)  
12:00 noon – 8:00 pm (Tuesday)



**We provide diabetes education services in English, Mandarin, Cantonese, Tamil, Hindi, Urdu and Gujarati**