

## RMH-LSB Contact Information

### **RMH-LIFESTYLE BALANCE PRE-DIABETES EDUCATION PROGRAM COORDINATOR**

DIABETES EDUCATOR &  
CLINICAL HEALTH COACH

*Faith Hope Horpestad BSN, RN, CHC*  
406-323-3337

#### About the Program:

#### **Delivering Diabetes Preventive Self-Management Education**

- Based on making life-style changes and healthy choices
- Reducing your risk of developing and/or improve your control of type 2 diabetes
- Utilizing the Centers for Disease Control's (CDC) nationally recognized course curriculum.

Roundup Memorial Healthcare  
1207 2<sup>nd</sup> St. W.  
P. O. Box 40  
Roundup, MT 59072  
Address Correction Required



## **RMH-LSB DIABETES PREVENTION PROGRAM**

**Roundup Memorial  
Healthcare**



#### **CHOOSING BALANCE FOR A LIFETIME**

Diabetes Prevention for our  
Roundup Community that is  
Careful, Competent, and Kind

Phone: 406-323-3337  
Web site: [www.rmhmt.org](http://www.rmhmt.org)

## PROGRAM ELIGIBILITY

- Go to your local clinic to sign up.
- Ask your provider to sign a referral form.
- Schedule a phone meeting with the program coordinator.
- BMI  $\geq$  25
- Be 18 years or older
- Show readiness to change
- Have recent labs completed within the past 6 months



*Caring today for a healthier tomorrow*

## RMH-LSB: Is The Program Right For You?

- Are you ready for change?
- Ready to focus on increasing your physical activity?
- Are willing to be active at least 150 minutes per week, or at least 30 minutes per day?
- Focus on Nutrition?
- Keep a detailed food log and activity records?
- Committing to attend 22 sessions over the next 12 months?

### RMH-LSB Program Will Offer

- **BINDERS AND CLASS OUTLINES**
- **ONE YEAR OF EDUCATION AND GUIDANCE**
- **INDIVIDUALIZED FEEDBACK**
- **HEALTH COACHING AND GUIDANCE IN SETTING CLEAR, SAFE REASONABLE AND EFFECTIVE HEALTH GOALS**

## Our Outstanding Healthcare Providers

- *Jeri Lynn Casagrande, DO*
- *Brynn Bixby, PA*
- *Valeri Russell, PA*
- *Deborah Shields, PA*

## Our Vision and Values

### VISION

Compassionate, safe, and well-documented care based upon best practices and delivered with the kindness we would want for ourselves, our family, and our neighbors

### VALUES

- Courage to be open and transparent
- Desire to be the best
- Love of service
- Loyalty to the hospital and one another
- Humility to listen, learn, and change

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