

Referral List

Self-Management Programs	Chronic Disease Self-Management	Cost: Free
	Diabetes Self-Management	
	Chronic Pain Self-Management	
	Cancer: Thriving and Surviving	
Phone	302-990-0522	
Website	https://healthydelaware.org/selfmanagement	
Registration	With each program and specific dates	
Expressing interest	"Tell us what would work better" Interest Form	
Mobile health referral	Mobile Health Referral	
Healthy Heart Ambassador	A 4 -Month Program for individuals living with heart disease. (e.g., hypertension, elevated cholesterol)	Cost: Free
Phone	302-208-9097	
Email	DHSS DPH HHA@delaware.gov	
Website	Healthy Heart Ambassador Program Healthy Delaware	
Dining with Diabetes	People diagnosed with type 2 diabetes or pre-diabetes.	Cost:\$50.00
Phone	302-730-4000	
Email	https://www.dediabetescoalition.org/wp-content/uploads/2024/09/Dining-with-Diabetes-Fall-2024-Brochure.pdf	
Website	https://www.pcsreg.com/dining-with-diabetes-2022	
Diabetes Education and Support Program	Individuals living with diabetes, family members, and caregivers.	Insurance Covered
Bayhealth – Diabetes and You		
Phone	302-208-6218	
Website	https://bit.ly/3u6HGNx	
Address	Bayhealth Endocrinology, Blue Hen, 665 S. Bay Road, Unit B, Dover, DE 19901 Bayhealth Hospital, Sussex Campus:	
I&O Diabetes Consultants		
Diabetes Education & Management		Insurance Covered
Phone Number	302-514-1991	
Website	https://inohealthcare.org/diabetes-education-class	
Address	230 Mitchell St., Suite B, Millsboro, DE 19966	
TidalHealth		
Nutrition & Diabetes Education		Insurance Covered
Phone	302-297-2415	
Email	krysten.oneal@tidalhealth.org	
Website	https://www.tidalhealth.org/patients-visitors/events-classes-support-groups?tab=0	
Address	TidalHealth Training Center 121 S. Front Street Seaford, DE 19973	
Focus Pharmacy- Nutrition & Diabetes Education		
Phone	302-471-3046	Insurance Covered
Website	https://www.focuspharmacyde.com/	
Address	117 E Glenwood Ave, Smyrna, DE 19977	
Screening for Life		
Phone	302-744-1040, Option 2	
Website	https://healthaccessde.dhss.delaware.gov/Home/Register	
YMCA National Diabetes Prevention Program		
Phone	302-572-9622	Insurance Covered
Website	www.ymcade.org/preventdiabetes/	