

ABCs of Diabetes Acknowledgement Form

I, _____, agree to be enrolled into the Polk County Public Schools' (PCPS) ABCs of Diabetes Program administered by Healthstat. The ABCs program is designed to guide me through self-management behaviors and national standards for diabetes care in order to support healthy glucose management. As always, the ABCs program is completely voluntary. As a participant in the program, it is my responsibility to complete the requirements listed below to maintain my wellness incentive.

Annual ABCs Comprehensive Exam

- The comprehensive annual exam must be completed at one of the PCPS Employee Health Clinics (Lakeland or Haines City). Appointments fill up fast, so schedule your visit in a timely manner by calling the Employee Health Clinic at **(863) 419-3322**.
- This exam must be completed within one (1) year of enrollment date (today's date).

Labs and Vitals

- Labs and vitals must be completed every six (6) months.
 - Fasting Blood Glucose
 - Hemoglobin A1c (HbA1c)
 - Height
 - Weight
 - Blood Pressure
 - Waist Circumference
- Labs may be completed in the PCPS Employee Health Clinic at no cost! Appointments fill up fast, so schedule your visit in a timely manner by calling the Employee Health Clinic at **(863) 419-3322**.
- If you have labs and/or vitals completed at a healthcare provider/physician outside of the PCPS Employee Health Clinics, please have their office fax the results to **(855) 777-2344** or bring a copy of your lab work to the Employee Health Clinic.
- The first set of labs and vitals must be completed within six (6) months of enrollment date (today's date).

Education and Coaching with HEALTHSTAT TEAM

- To schedule an appointment with Ashley Cicchirillo, RDN, CDE, please call the clinic at **(863) 419-3322**. To schedule an appointment with Jordan Schultz, CHES or Jazmine DiCristo, CHES, please call their office at **(863) 648-3057**.
- To maintain your wellness incentive in 2020, you must complete an Education and Coaching visit each quarter.
- If you do not have your quarterly visit, you will be removed from the program and will lose your wellness incentive. However, you may re-enroll in the program and once you have your visit with the Healthstat team, you will receive your wellness incentive.

As an ABCs of Diabetes Program participant, I agree to comply with the requirements listed above and acknowledge that failure to do so will result in removal from the ABCs program, including termination of the wellness incentive.

Member name (please print): _____ Date of Birth: _____

Signature: _____ Date: _____

Please return to PCPS Employee Health Clinic—Healthstat Wellness Team
3215 Winter Lake Road Lakeland, FL 33803
Wellness Route D