



FLORIDA DEPARTMENT OF HEALTH IN SEMINOLE COUNTY

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COMMUNITY INTEGRATED MOBILE HEALTH SERVICES

Community Integrated Mobile Health Services

Through the combined efforts of community partners and staff from the Florida Department of Health in Seminole County, mobile health services provides community access to three chronic disease management programs. Services include screenings, testing, and referrals to local resources.

1. Diabetes Empowerment Education Program
2. Florida Asthma Education Program
3. Community Outreach Program

Learn more about
**Community Integrated
Mobile Health Services**
at
Seminole.FloridaHealth.gov



**Florida
HEALTH**



407-665-3000
Seminole.FloridaHealth.gov



ASTHMA EDUCATION

The Florida Asthma Education Program is a free service offered to help children and families gain control of their asthma.

Services include:

- At-home visits conducted by trained community health workers
- Home assessments to identify and help eliminate asthma triggers
- Asthma action plan for work, home, and school

For more information on **asthma**, call **407-665-3032** (Bilingual).



COMMUNITY OUTREACH

The outreach team provides resources, education, and basic health screenings in various locations throughout Seminole County. Basic health screenings include:

- Body Mass Index (BMI)
- Blood Pressure
- Oxygen/Pulse
- Diabetes Testing (Blood Sugar Level)



To find the nearest date and location, call **407-665-3026** (English)
407-665-3235 (Spanish)

DIABETES EMPOWERMENT EDUCATION

The Diabetes Empowerment Education Program, also known as DEEP™, is an education curriculum designed to help people with pre-diabetes, diabetes, relatives, and caregivers gain a better understanding of diabetes self-care. The program includes information about:

- Improving and maintaining the quality of life in persons with pre-diabetes and existing diabetes
- Preventing complications and incapacities
- Improving eating habits and nutrition
- Developing self-care skills
- Utilizing available resources



For more information on **DEEP**, call **407-665-3026** (English)
407-665-3235 (Spanish)