



For Sister Mary Boiselle, diabetes was the dark shadow around every corner – her mother, father and brother had developed the condition as adults. But when she learned that she had diabetes in the summer of 2009, it still came as a shock.

Marie Sandoval, M.D., Mary’s primary care physician, referred her to the Vermont Blueprint Medical Home Community Health Team at Fletcher Allen’s Aesculapius Medical Center. Within days, Mary was taking a class with Pam Farnham, R.N. – “I call it ‘Diabetes 101,’” says Mary.

In the class, Mary learned all about how to manage her condition, including the role of exercise and weight loss.

Mary began eating less and exercising more. Today, she has lost a total of 15 pounds, and plans on losing 10 more.

“Without this program, I’d probably be on medication, I’d have to have more doctor appointments, and I might even be hospitalized. Thanks to the Blueprint Community Health Team, I’m not going to need any of those things. It’s a wonderful model of health care.”

*Fletcher Allen’s Aesculapius Medical Center is one of two pilot sites in Vermont designated as a patient-centered medical home, providing enhanced services to patients with, or at risk of, a chronic disease. The goals of the patient-centered medical home are to improve patient outcomes by improving quality, educating and empowering patients, and fostering a team approach to care.*

*The program is an outgrowth of the Vermont Blueprint for Health, a statewide partnership to change health care to a system focused on preventing illness and complications, rather than reacting to health emergencies.*