



## CLINIC LOCATIONS



Physician's Signature: \_\_\_\_\_

Clinic Name: \_\_\_\_\_

Clinic Number: \_\_\_\_\_

Comments: \_\_\_\_\_

NPI #: 1649815200

# MEDICAL REFERRAL

Date \_\_\_\_\_

Patient Name \_\_\_\_\_ Check if Referral is for PEDIATRIC Services ☐

Check if Referral is for ADULT Services ☐

DOB \_\_\_\_\_ Phone Number \_\_\_\_\_

Diagnosis \_\_\_\_\_

☐ Evaluate & Treat

☐ Physical Therapy

☐ Occupational Therapy

☐ Aquatic Physical Therapy

☐ Sport Medicine

☐ Population Health Therapy

Improve health outcomes for patients with chronic conditions or risk of chronic disease. Population Health Therapy includes: 1x Evaluation with therapist for independent exercise program development. Subsequent visits if needed to learn program for safe and independent exercise.

☐ Nurse Navigation

- Regular health assessments and health screens.
- Ongoing support at the YMCA for lifestyle modification.
- Referral into programs and services at the YMCA.
- Ongoing support at the YMCA for lifestyle modification.

☐ Behavioral Health

- Referral to an on-site Licensed Mental Health Clinician.
- Clinical Assessment to assess psycho-social status.
- Depression Screening
- Short term counseling to improve coping skills.

☐ Diabetes Self-Management & Education (DSME)

The ongoing process of facilitating the knowledge, skill, and ability necessary for diabetes self-care. The overall objectives of DSME are to support informed decision making, self-care behaviors, problem solving, and active collaboration with the health care team and to improve clinical outcomes, health status, and quality of life. Initial DSME includes 10-hours of education\* and self-management techniques and for those living with type1, or type 2 diabetes. The 10-hour DSME program includes a one-hour session with registered dietitian and four-follow up group sessions in the Diabetes Alliance Network's (DAN) DSME program.

The group sessions topics are:

**What Do I Do Now?** (2 Hours)

**What Can I Eat?** (3 Hours)

**How Can I Take Control?** (2 Hours)

**How Do I Stay on Track?** (2 Hours)

**NOTE:** Those completing the initial 10-hour DSME program are eligible for 2-hours of maintenance in each subsequent year.



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

Core Health Partners and the South Collier YMCA/ Marco YMCA have been Recognized by the American Diabetes Association for Diabetes Self-Management Education\* and Support.

☐ Medical Nutrition Therapy (MNT)

Nutrition services to help improve health includes:

- A. Reviewing eating habits and lifestyle.
- B. Thorough assessment of your nutritional status.
- C. Personalized nutrition treatment plan.

**NOTE:** The initial visit with a registered dietitian nutritionist takes approximately one hour. After the first session, the RDN will schedule follow-up appointments to check on your progress and see if changes are needed in the patient's nutrition goals and treatment plan.

☐ Autism Diagnostic Observation Schedule (ADOS) Test

PLEASE FAX REFERRAL TO: Core Health Partners: 949-404-8793