



PARTICIPANT REFERRAL

Physician Referral

Partner Referral

Number of pages, including this form: _____

Participant Label or Information

Name: _____

Address: _____

Phone: _____ Age: _____

✓ Referral	Program	Special Notes
	*Diabetes Prevention Program (A Diabetes Risk Reduction and Prevention Course)	16-weekly core sessions for patients ≥ 18 years of age.

Daytime/evening classes/groups are held in various community locations.

NOTES FOR REFERRING PROVIDER/PARTNER:

- We will contact your participant to register for the referred classes/sessions. If your patient would like to receive more information about the education before we contact them, they may call the number listed below.
- Please fax participant's most recent weight and laboratory results for A1C (if available) or Blood Glucose to Viridian Health Management, LLC with this Participant Referral Form.

Physician Referral Only:

If you want to consider this a patient order please sign below:

Please return this form to:

Viridian Health Management, LLC

22601 N 19th Ave, Suite 200

Phoenix, AZ 85027-1321

PHONE: (877) 486-0140

FAX: (602) 391-2667

PROGRAM INFORMATION

Diabetes Prevention Program

Adopting and maintaining a healthy lifestyle is a proven way to reduce the risk of developing diabetes.^{1,2,3} In fact, research strongly suggests that lifestyle modification be the first choice to prevent or delay diabetes as it offers greater benefits when compared to drug therapy.¹ Additionally, lifestyle change has a variety of other health benefits and health care providers are encouraged to make such recommendations.

Our Diabetes Prevention Program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, which showed that by eating healthier, increasing physical activity, and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.¹ The evidence-based goals for this program include reduction of weight by 7% and increased physical activity to 150 minutes per week.

This 12-month program begins with 16 weekly one-hour core sessions, followed by monthly sessions geared towards maintaining progress. A trained Lifestyle Coach will help and support participants to **make and sustain** lifestyle changes to prevent type 2 diabetes. Participants will learn strategies for healthy eating, being active, and dealing with day to day situations. Additionally, they will receive tools to help them monitor activity patterns and eating habits to assist them in achieving long-term success.

Criteria for Program Participation *(please select all that apply)* :

- BMI ≥ 24** (≥ 22, if Asian)
- 18 years of age or older
- Blood-based diagnostic test:
 - A1c: **5.7 - 6.4%**
 - Fasting Plasma Glucose: **100 - 125 mg/dL**
 - 2-hour (75 gm glucose load) Plasma Glucose: **140 - 199 mg/dL**
 - Clinically diagnosed / self-reported GDM in prior pregnancy

OR

- CDC's Self Pre-Diabetes Risk Assessment Results

1) American Diabetes Association. (2012). Standards of medical care in diabetes 2012. Diabetes Care 35 S11-S63.

2) Knowler WC, Barrett-Conner E, Fowler SE, et al; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med. 2002 Feb 7;346(6):393-403.

3) Knowler WC, Fowler SE, Hamman RF, et al; Diabetes Prevention Program Research Group. Ten-year followup of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. Lancet. 2009 Nov 14;374(9702):1677-86.

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