

# PATIENT REFERRAL

## DIABETES PREVENTION LIFE STYLE CHANGE PROGRAM

### HEALTH CARE PROVIDER INFORMATION

Physician's Name :   
Address :   
Phone : \_\_\_\_\_ E-Mail : \_\_\_\_\_

### REFERRAL DETAILS

Patient Name:   
Phone : \_\_\_\_\_ E-Mail : \_\_\_\_\_

#### Patient is recommended for enrollment based on the following criteria:

- 18 years or older
- BMI above 25 (or above 23 if Asian)
- Has NOT been diagnosed with type 1 or type 2 diabetes
- NOT pregnant
- Patient diagnosed with hypertension

#### Patient also meets ONE of the following:

- Recent blood test in the prediabetic range
  - Hemoglobin A1C: 5.7 - 6.4%
  - Fasting Plasma glucose: 110-125 mg/dL
  - Two-hour plasma glucose (after 75 gm glucose load)
- Patient received a result of high risk for type 2 diabetes on the Prediabetes Risk Test
- A Doctor previously diagnosed the patient with gestational diabetes.

### PROGRAM DETAILS:

Fallbrook Regional Health District is part of the National Diabetes Prevention Program, led by the Center for Disease Control and Prevention (CDC). It is a proven program to prevent or delay type 2 diabetes in high-risk patients.

For program inquiries, please contact: Bianca Heyming, Program Coordinator  
bheyming@fallbrookhealth.org or (760) 731-9187 ext. 116

#### Submit Referrals

 1636 East Mission Road, Fallbrook, CA 92028  
 (760) 731-9187      FAX (760) 731-9131  
 [www.fallbrookhealth.org](http://www.fallbrookhealth.org)  
 [bheyming@fallbrookhealth.org](mailto:bheyming@fallbrookhealth.org)

**THANK YOU**



## LIFESTYLE CHANGE PROGRAM

### COMES TO FALLBROOK

**A fun and engaging way to avoid & postpone type 2 Diabetes.**  
Best of all... it's proven to work



### ABOUT THE PROGRAM

As part of a diabetes prevention program, you will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

**START YOUR JOURNEY TODAY,**  
Contact the Lifestyle Change Team

(760)731-9187

or

[bheymining@fallbrookhealth.org](mailto:bheymining@fallbrookhealth.org)

### FEATURES



#### **Trained Lifestyle Coach**

Your lifestyle coach is trained to be supportive & inspiring.



#### **Approved Curriculum**

Approved by the CDC, this program lowers your risk of type 2 Diabetes by 58% and 71% for people over 60 years old.



#### **Year-long Program**

Weekly for 6 months, then 1-2 a month.