



Referral Form for Lifestyle Medicine & Nutrition Services

328 Uluniu St Suite #103, Kailua, HI 96734
Ph: (808)451-0555. Fax: (808)762-1586

For office use only:
Fax this form (or EHR referral) with the following:
Recent Medical Note (or list of all relevant diagnoses, medications, vital signs, etc.)
Insurance billing information & demographics
Relevant labs

Date of referral:
Referring Physician:
Address:
Phone:
Fax:
PCP:

Patient name:
DOB:
Address:
Phone:
Insurance:

ALL REFERRALS REQUIRE A MEDICAL NOTE FROM THE REFERRING PHYSICIAN STATING THAT THE SERVICE IS MEDICALLY NECESSARY FOR THE CORRESPONDING DIAGNOSIS

1. Reason for Referral:

- New diagnosis
Review/reinforcement
Medication education or management
Other:

2. Referral type - Dietitian Services or Lifestyle Medicine Consult, Telehealth or In-Person

- Referral for TELEHEALTH Medical Nutrition Therapy or Group Services - Amanda McFarland, RD
Referral for IN-PERSON Medical Nutrition Therapy or Group Services - Alyssa Los, RN, RD
Referral for IN-PERSON Lifestyle Medicine Consult with Sarah Canyon MD PhD, ABFM, ABLM

3. Diagnosis (please refer to page two for diagnoses likely to be covered by insurance)

- REFER TO PAGE 2 - Please tick all that apply OR
OTHER
SPORTS NUTRITION (Cash only, call for rates)

4. Diabetes Self-Management Education (DSME)

Telehealth vs In-Person

- GROUP Diabetes Self-Management Education
INDIVIDUAL Self-Management Education- special needs support referral for individual education required by Medicare:
Impaired Vision, Impaired Hearing, Impaired Mobility, Language Barriers, Learning Disability, Impaired Cognition, 13-18 yrs old, Other

- Annual/Post Program Follow Up DMSE
*Medicare covers 10 initial hours and 2 follow up hours.

Please attach H&P, most recent office visit note, original lab values and current medications prescribed

Medical Diagnoses(s): Please check all that apply

DIABETES:

- E10.Type 1 diabetes mellitus
- E10.1 to E10.9 Type 1 diabetes mellitus
- E11.0 to E11.9 Type 2 diabetes mellitus

ENDOCRINE, NUTRITIONAL AND METABOLIC DISEASES:

- E03.9 Hypothyroidism, unspecified
- E05.90 Thyrotoxicosis, unspecified
- E16.1 Other hypoglycemia
- E16.2 Hypoglycemia, unspecified
- E28.2 Polycystic ovarian syndrome
- E73.0 to E73.9 Lactose intolerance and Cystic fibrosis
- M1A.3 to M10.9 Gout

SYMPTOMS, SIGNS AND ABNORMAL CLINICAL AND LABORATORY FINDINGS:

- R73.01 Impaired fasting glucose
- R73.02 Impaired glucose tolerance test (oral)
- R73.03 PREDIABETES
- R73.09 Other abnormal fasting glucose

KIDNEY DISEASE:

- N18.3 Chronic kidney disease, stage 3
- N18.4 Chronic kidney disease, stage 4
- N18.5 Chronic kidney disease, stage 5
- Z94.0 Kidney transplant status

DISEASES OF THE CIRCULATORY SYSTEM:

- I10 Essential (primary) hypertension
- I11.0 Hypertensive heart disease with (congestive) heart failure
- I11.9 Hypertensive heart disease without (congestive) heart failure
- I12 Hypertensive chronic kidney disease
- I25 Chronic ischemic heart disease
- I50 Heart failure

OBESITY:

- Z68.30 to Z68.45 BMI 30.0 and above, adult
- Z68.52 to Z68.54 BMI, pediatric

WEIGHT MANAGEMENT:

- E66.0 Obese due to excess calories
- E66.01 Morbid (severe) obesity due to excess calories
- E66.1 to E66.9 Other obesity related codes
- R62.51 Failure to thrive, child
- R63.4 Abnormal weight loss
- R63.5 Abnormal weight gain
- R63.6 Underweight
- Z68.1 BMI 19 or less, adult
- Z68.51 BMI, pediatric, less than 5th percentile for age

ENDOCRINE, NUTRITIONAL AND METABOLIC DISEASES:

- E78.0 to E78.9 Disorders of lipoprotein metabolism and other lipidemias
- E88.81 Metabolic syndrome

DISEASE OF THE GENITOURINARY SYSTEM:

- N20.0 Calculus of kidney

DISEASES OF THE DIGESTIVE SYSTEM:

- K21.0 to K29.7 Various gastrointestinal diseases including GERD and gastritis
- K44 Diaphragmatic hernia
- K50.0 to K50.9 Crohn's disease
- K51 Ulcerative colitis
- K57.1 to K57.3 Diverticular disease
- K58 Irritable bowel syndrome
- K59 Constipation
- K59.1 Functional diarrhea
- K70.3 Alcoholic cirrhosis of liver
- K86.0 to K86.1 Chronic pancreatitis
- K90.0 Celiac disease

DISEASES OF THE BLOOD:

- D50.8 to D64.9 Various anemias including iron deficiency and unspecified

PREGNANCY RELATED:

- O21.0 to O21.2 Hyperemesis gravidarum
- O24.01 to O24.414 Diabetes in pregnancy
- O26.00 Excessive weight gain in pregnancy, unspecified trimester
- O26.10 Low weight gain in pregnancy

DISEASE OF THE MUSCULOSKELETAL SYSTEM:

- M81.0 Age-related osteoporosis without current pathological fracture
- M81.8 Other osteoporosis without current pathological fracture

DISEASES OF THE NERVOUS SYSTEM:

- G47.30 Sleep apnea, unspecified
- G47.33 Obstructive sleep apnea

ADULT MALNUTRITION:

- E43 Unspecified severe protein-calorie malnutrition
- E44.0 Moderate protein-calorie malnutrition
- E44.1 Mild protein-calorie malnutrition
- E45 Retarded development following protein-calorie malnutrition
- E46 Unspecified protein-calorie malnutrition
- E64.0 Sequelae of protein-calorie malnutrition

NO SPECIFIC DIAGNOSIS:

- Z71.3 Dietary counseling and surveillance