

REFERRAL FORM
Diabetes Prevention Program
YMCA OF MUNCIE

Please fax completed form to 765-587-1107.

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_____ (Initial) I _____ give my permission for my healthcare provider to share the information contained herein by fax with the YMCA of Muncie for the purpose of enrollment into the YMCA's Diabetes Prevention. I understand that this referral alone does not enroll me into the program. I would like to be contacted by the YMCA to receive more information about the program and upcoming classes.

Patient Signature: _____ Date: _____
.....

Provider Referral: I am referring the following patient to the Diabetes Prevention Program based on one of the following criteria for prediabetes AND a BMI of $\geq 25^*$.

Please indicate patient's BMI and check one option:

BMI = _____ (≥ 25) *Asian individuals BMI ≥ 22

- A1C (5.7% - 6.4%) _____ %
 - Fasting Plasma Glucose (100-125 mg/dL) _____ mg/dL
 - 2-hour (75 g glucola) Plasma Glucose (140-199 mg/dL) _____ mg/dL
 - Clinical diagnosis of Gestational Diabetes (GDM) during pregnancy
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Patient's Name: _____

DOB: _____ Sex: M or F Height: _____ Weight (lbs.): _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

E-Mail Address (optional): _____
.....

Referring Health Provider: _____

Practice Name: _____

Practice Street Address: _____

City: _____ State: _____ Zip: _____

Practice Phone Number: _____

Practice Fax Number: _____
.....

Signature of Health Provider: _____ **Date:** _____

Health Care Provider Referral Guide

What is prediabetes?

Prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This condition raises your risk of developing type 2 diabetes, stroke, and heart disease.

What is the YMCA's Diabetes Prevention Program?

The YMCA's Diabetes Prevention Program is part of the CDC's National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance. *Research by the National Institutes of Health has proven that programs like the YMCA's Diabetes Prevention Program can reduce the risk of developing diabetes by 58% overall and by 71% in individuals over 60.*

The YMCA's Diabetes Prevention Program is a year-long lifestyle intervention program consisting of 25 weekly, biweekly, and monthly sessions occurring in a small group setting that allows participants to celebrate each other's successes and work together to overcome challenges.

After receiving this referral form, the YMCA of Muncie will contact you with more information about the program and upcoming class sessions. Should you choose to enroll in the program, the YMCA will use the information on this referral form to enroll you into the program, and with your permission, will share your progress in the program with your physician.

Why should you act now?

Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to further health issues such as heart attack, stroke, blindness, kidney failure, and loss of toes, feet, or legs.

YMCA of Muncie Program Coordinator

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