

Nutrition Referral Form

Stephanie Gomez, MS, RDN, SUDRC

Please ask patient to call to schedule an appointment

PHONE: 619-332-3116

From:

Referring Physician Name/Phone/Fax (or stamp)

Patient's Name: _____ DOB: _____ Gender: _____

Parent/Guardian Name: _____ Phone Number: _____

Reason for MNT Referral

- ☐ Overweight (wt____ht____BMI____)
- ☐ Underweight (wt____ht____BMI____)
- ☐ Anemia (Hgb/Hct____)
- ☐ HTN (BP____)
- ☐ High Cholesterol
(TC____LDL____HDL____TG____)
- ☐ Diabetes, type 2 (BG____A1c____)
- ☐ Feeding concerns (infant/child)
- ☐ Failure to thrive (child)
- ☐ Allergies/intolerances
- ☐ Nutrient deficiency (iron____, calcium____)
- ☐ Gastrointestinal (vomiting____, constipation____, diarrhea____)
- ☐ Diet concerns/questions
- ☐ Other (specify):_____

REQUIRED

Medical Diagnosis: _____

ICD 10 code(s): _____

Physician Signature: _____

Physician NPI #: _____

Please attach Labs, Growth and BMI Charts, Medication List and any other comments

FAX COMPLETED FORM TO: 619-359-2018

Medical Nutrition Therapy Referral Process

Thank you for making a Medical Nutrition Therapy (MNT) referral to Begin Again Nutrition. Your patients are important to us, and we want to ensure that they receive the appropriate care in a timely manner. Please review the following guidelines to make this process both efficient and effective.

- Complete an MNT Nutrition Referral Form. The following are **REQUIRED**.
 - medical diagnosis
 - ICD 10 diagnosis code
 - physician's signature and NPI number
- Fax the referral to Begin Again Nutrition at 619-359-2018. The fax number is also provided on the referral form. Begin Again Nutrition is HIPAA compliant, and referrals are received via a secure e-fax.
- Have office or patient call to schedule an appointment: 619-332-3116.
- Upon request, a report of the MNT appointment will be faxed to the referring clinician and will note any scheduled follow-up visits.
- If unable to reach the patient within 3 or more attempts by phone/letter or the patient declines services, Begin Again Nutrition will notify the referring clinician via fax to complete the referral process. The clinician may refer the patient again as needed.

Aside from 1:1 counseling, Begin Again Nutrition offers live online classes on each of these specific topics: healthy eating, healthy living, heart health, kidney health, gut health, sleep, gastrointestinal disorders, longevity, weight loss, blood sugar management and more!

With your referral, these 60-minute interactive evening classes are discounted to \$29 payable with HSA/FSA cards or any major credit card. For schedule and details please visit:

<https://beginagainnutrition.com/interactive-live-classes>

If you have questions or concerns regarding this process, please contact:

Stephanie Gomez, MS, RDN, SUDRC

PHONE: 619-332-3116 / FAX: 619-359-2018