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[www.healthylifestylecc.com](http://www.healthylifestylecc.com)

## REDUCING YOUR RISK FOR TYPE 2 DIABETES

Based on your recent health screening, you may qualify for the Diabetes Prevention Program (DPP).

### WHAT IS PREDIABETES?

Prediabetes means your blood sugar (glucose) level is higher than normal, but not high enough to be diabetes. This condition raises your risk of getting type 2 diabetes.

Without weight loss and physical activity, many people with prediabetes will develop type 2 diabetes within five years.

### WHAT CAN YOU DO ABOUT IT?

Good news — there's a program that can help you reduce your risk for type 2 diabetes.

**The Diabetes Prevention Program (DPP)** teaches you to make small changes that can help you lose weight and lower your chances of getting type 2 diabetes.

### WHAT'S INCLUDED IN THE PROGRAM?

- 16 weekly lessons over the span of 4 to 6 months, followed by monthly sessions for the rest of the year
- A focus on healthier food choices and increased activity levels
- 1-1 interactions with a lifestyle health coach
- A small group for support

### HOW CAN I ENROLL IN THE PROGRAM?

Your health care provider is working with Healthy Lifestyle Consultant and Coach to connect you with a Diabetes Prevention Program in your community.

Your health care provider can submit a referral form to Healthy Lifestyle Consultant and Coach on your behalf or you can call them at **951-268-6924**. Once submitted, you can expect a follow-up call from Joana Tala, within one week to let you know if you are qualified and register for the DPP Program.

If you have questions, please call us at: **951-268-6924**

Questions? **951-268-6924**

# DIABETES PREVENTION PROGRAM

## PATIENT REFERRAL FORM

I would like to refer the patient below to the Diabetes Prevention Program (DPP), a year-long program focused on diabetes risk prevention and weight loss for patients  $\geq 18$  years of age.

### PROVIDER INFORMATION:

NAME:	ADDRESS:
PHONE:	FAX:
EMAIL:	NUMBER OF FAX PAGES:

### PATIENT INFORMATION:

NAME (on ID card):	BIRTH DATE:
ADDRESS:	EMAIL:
	HEALTH PLAN NAME:
PHONE:	HEALTH PLAN ID NUMBER:

### PROGRAM QUALIFICATION REQUIREMENTS (please select all that apply):

#### Program Eligibility

To be eligible for referral to a CDC-recognized lifestyle change program, patients must:

Be at least 18 years old and

- Be overweight (Body Mass Index  $\geq 25$ ;  $\geq 23$  if Asian) and
- Not be pregnant and
- Have no previous diagnosis of type 1 or type 2 diabetes and
- Have a blood test result in the prediabetes range within the past year:
  - Hemoglobin A1C: 5.7–6.4% **or**
  - Fasting plasma glucose: 100–125 mg/dL **or**
  - Two-hour plasma glucose (after a 75-gm glucose load): 140–199 mg/dL **or**
- Have a previous clinical diagnosis of gestational diabetes **or**
- Take the Prediabetes Risk Test and receive a screening result of high risk for type 2 diabetes
- Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI: \_\_\_\_\_
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Note: Medicare beneficiaries require a blood test, clinically administered within the last year, to qualify for eligibility; self-reporting is not allowed for Medicare beneficiaries. **AETNA** insured patients are covered for this program. Medicaid and other insurances in progress..

Prediabetes can be diagnosed via oral glucose tolerance tests, fasting blood glucose tests, or an A1C test. Blood-based testing is the most accurate way to determine if a patient has prediabetes. You can use your physical exam lab for blood glucose results.

Exclusions: The following diagnoses exclude a participant from participating: End-Stage renal disease, type 1 or type 2, diabetes, pregnancy (previous gestational diabetes is not an exclusion).

#### REFERRAL INSTRUCTIONS

If your participants meet the above program criteria, please complete and scan or fax this form to:

Healthy Lifestyle Consultant and Coach

Email address: [jat@healthylifestylecc.com](mailto:jat@healthylifestylecc.com) or phone/fax number: 951-268-6924.