



Patient Referral Form for the National DPP Lifestyle Change Program

This is a referral for an adult patient to participate in the National DPP lifestyle change program. Make a copy and provide the completed form to the patient, who may contact his/her local program for more information and to enroll.

(First Name)	(MI)	(Last Name)	(Telephone Number)
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Is recommended for enrollment in the National Diabetes Prevention Program based on the following eligibility criteria:

- Be 18 years or older
- Be overweight (body mass index above 25, or 23 if you are Asian)
- Have **NOT** been diagnosed with type 1 or type 2 diabetes
- **NOT** be pregnant

In addition, you must meet **ONE** of the following criteria*:

- Have had a recent blood test in the prediabetes range, which includes one of the following tests and results:
 - ☐ Hemoglobin A1C: 5.7–6.4%
 - ☐ Fasting plasma glucose: 110–125 mg/dL
 - ☐ Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
- Have received a result of high risk for type 2 diabetes on the Prediabetes Risk Test.
- A doctor previously diagnosed you with gestational diabetes.

HEALTH CARE PROVIDER INFORMATION

PROVIDER NAME: _____ DATE: _____

HEALTH SYSTEM: _____

The La Crosse Area Family YMCA is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is a proven program to prevent or delay type 2 diabetes in high-risk patients.

For more information, contact: Lifestyle Program Director, Bri Spicer, at (608)-519-5496 or bspicer@laxymca.org or visit <https://www.laxymca.org/diabetes-prevention>

*If you are enrolling in a program covered by Medicare, you must have had a recent blood test in the prediabetes range within a year of starting the program.