

Lifestyle Change Program

Fax Referral Form

Fax to 308-262-1317

Panhandle Public Health District



Patient Name: _____

DOB: _____

Address: _____

Phone #: _____

Medical Provider: _____

National Diabetes Prevention Program (NDPP) Medical Eligibility Criteria

Patients are eligible if they meet the criteria below:

- 18 years of age or older
- Body mass index (BMI) of ≥ 24 kg/m²
- Prediabetes
 - Fasting plasma glucose 100-125 mg/dl
Test result _____ Test Date _____
 - Oral glucose tolerance test (75gm.) with 2-hour plasma glucose 140-199 mg/dl
Test result _____ Test Date _____
 - Alc of 5.7-6.4
Test result _____ Test Date _____
 - Clinically diagnosed gestational diabetes mellitus during a previous pregnancy

Health and Wellness Coaching Eligibility Criteria

Patients are eligible if they meet the criteria below:

- 18 years of age or older
- Patient shows a desire to set goals to become a healthier version of themselves.

*Please check eligibility to make the referral.
You can refer to both lifestyle change programs.

I have reviewed the medical eligibility and wish to refer this patient to the National Diabetes Prevention Program in the Panhandle.

Referring Provider Signature: _____ Date: _____

Contact Panhandle Public Health District with additional questions.

Cheri Farris
Community Health Educator
cfarris@pphd.org | 308-262-2866

Tabi Prochazka
Health Promotions Program Coordinator
tprochazka@pphd.org | 308-487-3600 ext 107