



Referral to Lifestyle Management Services
FAX to: Lifestyle Management @ 503-371-8046
OR Request electronically using CIM or Next Gen Systems

Health Care Provider notification/referral is preferred, however patients can self-refer.

Referring Provider: _____ Phone # _____

Insurance: _____ Diagnosis: _____

Name of Patient: _____ Date of Birth: _____

Patient Phone # _____ Alt # _____

Address: _____

Services Requested:

- For Weight Management Consider:***
 - Walk with Ease, a self-paced walking program meeting 2-3 times/week in 1 hour sessions
 - Jump Start – 90 minute Group Session on Weight Management
 - Living Well Lifestyle Management (**CDSMP**) a 6 week self-management program
 - Tomando Control de su Salud (Spanish)
 - Healthy Lifestyles for Families- a 4 week intensive family program for healthy living

- For Diabetes/ Pre-diabetes Consider***
 - Living Well with Diabetes (**DSMP**) a 6 week self-management program
 - Tomando Control de su Diabetes (Spanish)
 - Diabetes Prevention Program. (**DPP**)- This is a year program: 16 weeks of 1 hour sessions once a week, bi-weekly for the following 8 weeks & 1 monthly follow-up for the last 6 months

- For Chronic Pain Consider:***
 - Living Well with Chronic Pain (**CPSMP**) 6 week self-management program
 - Walk with Ease, a self-paced walking program meeting 2-3 times/week in 1 hour sessions

- NEW: For Tobacco Cessation Services***
 - Freedom from Smoking (1/week for 7 weeks and 2 classes during the 4th week)