## Referral Guidelines Effective September 2015

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<tr>
<th>Program Name</th>
<th>Target Audience</th>
<th>Clinical Assessment</th>
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| **National Diabetes Prevention Program**       | Patient must be:  
≥18 years of age  
BMI ≥ 24 kg/m²  
At-risk or diagnosed with pre-diabetes | A1c: 5.7% – 6.4%  
Fasting Plasma Glucose: 100 – 125 mg/dL  
2-hour (75 gm glucose) Plasma Glucose: 140 – 199 mg/dL  
Pre-diabetes determined by clinical diagnosis of Gestational Diabetes (GDM) during previous pregnancy.  
CDC Pre-Diabetes Self-Assessment: ≥9 |
| **Growing Stronger**                           | Patient must be:  
≥55 years of age  
Healthy enough for moderate intensity physical activity | Patient wishes to maintain or is deficit in one or more areas:  
Flexibility  
Mobility  
Upper Body Strength  
Lower Body Strength  
Balance |
| **A Matter of Balance - Managing Concerns about Falls** | Patient must be:  
≥60 years of age  
Ambulatory  
Capacity to problem solve | Patient reports one or more areas of concern:  
Experienced a fall ≥1 year  
Fear of falling  
Use of ambulatory device(s) |
| **PEARLS Geriatric Depression Program**        | Patient must be:  
≥60 years of age  
Experiencing Minor Depression or Dysthymia | PHQ-9 Score of 2-3, with at least one “Yes” for Questions 1 or 2  
PHQ-9 Score of 2-3, with at least 2 additional symptoms (not #1) for ≥ 2 years |
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| Walk with Ease                    | Patient must be:  
≥18 years of age  
Sedetary Lifestyle                                                                 | Priority Population:  
Diagnosed with Arthritis  
Diagnosed with any chronic condition  
BMI ≥24 kg/m² |
| Diabetes Conversational Maps      | Patient must be:  
≥18 years of age  
Diagnosed with Diabetes or Gestational Diabetes                                  | A1c: ≥6.5%  
Fasting Plasma Glucose: ≥126 mg/dL  
2-hour (75 gm glucose) Plasma Glucose: ≥200 mg/dL |
| Powerful Tools for Caregivers     | Patients must be:  
≥18 years of age  
In a caregiving role                                                              | Priority Population:  
Caregivers experiencing stress, guilt, anger, depression or other challenges due to caregiving role |
| Child Passenger Safety Seat Program| Patients must be:  
Caregiving for a child 8 years of age and younger or who has yet to meet size and weight requirements | Inspections: available to all caregivers  
Distribution: Must meet income eligibility guidelines (WIC, SNAP, Medicaid, TANF or ≤185% U.S. Poverty Guidelines |