



# Ardent Solutions<sup>SM</sup>

## Network for Community Health

### REFERRAL GUIDELINES EFFECTIVE SEPTEMBER 2015

PROGRAM NAME	TARGET AUDIENCE	CLINICAL ASSESSMENT
National Diabetes Prevention Program	Patient must be: ≥18 years of age BMI ≥ 24 kg/m <sup>2</sup> 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-Assement: ≥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 leason one "Yes" for Questions 1 or 2 PHQ-9 Score of 2-3, with at least 2 additional symptoms (not #1) for ≥ 2 years

PROGRAM NAME	TARGET AUDIENCE	CLINICAL ASSESSMENT
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/m <sup>2</sup>
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, Mediciad, TANF or ≤185% U.S. Poverty Guidelines