Stanford Children's Health | Lucile Packard Children's Hospital Stanford

**Referral Request Form**
Attn: Referral Center
Tel: (800) 995-5724 Fax: (650) 721-2884

# CENTER FOR HEALTHY WEIGHT

*You can register for Stanford Children's Health MD Portal (https://mdportal.stanfordchildrens.org) to submit referrals and track appointments online.

◯ **Medically URGENT/PRIORITY**— call Referral Center to expedite: (800) 995-5724 ◯ Routine

## Referring Provider

Referring MD/NP/PA: _____ (last name) _____ (first name) (___) ___ - ____ (telephone) (___) ___ - ____ (fax)

Please indicate your relationship to the patient: ◯ PCP ◯ Other (specialty): _____

Form completed by: _____ Date: _____ (mm/dd/yyyy)

## Select the Appropriate Clinic/Program

☐ **Pediatric Weight Control Program (Family-based Group Program)**
- NO REFERRAL NEEDED. Patient/parent can call directly to enroll (650) 725-4425
- Weight loss management (BMI must be ≥ 95% or ≥ 85% with a comorbidity)
- 6 month weekly family group sessions promoting lifestyle/ behavior changes
- Children 8–12, Adolescents 13–15 (Groups in English and Spanish)

☐ **Nutrition Clinic (self pay)**
- Dietitian/Nutritionist (RDN) consultation
- Individualized nutritional treatment
- Needs a REFERRAL from PCP

☐ **Pediatric Weight Clinic**
- Multidisciplinary consultation
- Individualized medical and nutritional treatment
- BMI must be ≥ 99% or ≥ 95% with comorbidities
- Needs a REFERRAL from PCP

☐ **Adolescent Bariatric Surgery Program**
- Multidisciplinary evaluation
- Individualized medical/surgical and nutritional treatment
- BMI must be ≥ 40 or ≥ 35 with major comorbidities
- Needs a REFERRAL from PCP

Reason for visit: ☐ New Patient Consultation ☐ 2nd Opinion ☐ Transfer of Care ☐ Procedure/Surgery

Referral Diagnosis (Required): _____

ICD10 (**Required**): [Letter Number][Letter Number][.][Letter or Number][Letter or Number][Letter or Number][Letter or Number] (min 3 & max 7 characters)

## Patient BMI information (required)

Recent Height: _____ cm (in) Weight: _____ kg (lbs) Date of measurements: _____

BMI = _____ BMI percentile = _____ Sex = _____

**Major Comorbidities:**
- ☐ Diabetes type 2
- ☐ Moderate to severe OSA (apnea-hypopnea index >15)
- ☐ NASH (nonalcoholic steatohepatitis)
- ☐ Pseudotumor cerebri

**Minor Comorbidities:** ☐ Hyperinsulinemia ☐ Metabolic syndrome ☐ Vit D deficiency ☐ Depression ☐ Dyslipidemia ☐ Hyperglycemia ☐ Mild OSA ☐ Snoring ☐ Poor self esteem ☐ PCOS (polycystic ovary syndrome) ☐ Insulin Resistance ☐ Hypertension ☐ Pre-diabetes ☐ Hyperandrogenism ☐ Glucose Intolerance ☐ SCFE (Slipped capital femoral epiphysis) ☐ Anxiety ☐ Distorted peer relationships

**Bariatric Surgery Exclusion Diagnoses:**
- ☐ Severe cognitive disability
- ☐ Syndromic obesity
- ☐ Prader-Willi syndrome

*If the patient does not meet criteria above, patient will be offered a Nutrition Clinic visit*

Please fax all relevant clinical documents (i.e. clinic notes, history and progress notes, medication history, growth charts-height and weight, head circumference, labs, diagnostic reports and a copy of the insurance card)

## Required Patient Information

◯ Female ◯ Male Stanford Children's Health Medical Record: _____

Interpreter required for either patient or parent/guardian? ◯ Yes ◯ No

_____ (patient language) _____ (parent/guardian language)

_____ (last name) _____ (first name) _____ (middle name)

Date of Birth: _____ Age: _____

Patient's Address: _____ City/State/Zip: _____

Patient's Phone: (___) ___ - ____ Alternate Phone: (___) ___ - ____

Guardian Name: _____ Guardian Relationship: _____

## Insurance Information

**PLEASE INCLUDE A LEGIBLE COPY OF THE INSURANCE CARD (BOTH SIDES), AND AUTHORIZATION IF REQUIRED.**

◯ Self Pay Guarantor same as Subscriber? ◯ Yes ◯ No Guarantor: _____ (person financially responsible for patient)

Guarantor Relationship: _____ Guarantor DOB: _____

Authorization Required: ◯ Yes ◯ No #Visits Authorized: _____ Auth#: _____

Authorization Expiration Date: _____



REVISED 11/17