

Provider Referral
 Please fax the completed form at 503 206 5753



LIFESTYLEMEDICINE OPTIONS
 9498 SW Barbur Blvd Ste 210 Portland OR 97219
 Phone: 503 442 0226
 Fax: 503 206 5753
info@lifestylemedicineoptions.com
www.lifestylemedicineoptions.com

For patient to fill out:			
Patient's name:			
Date of birth:		Phone number:	
Health plan		Health plan ID:	
Patient's email			

Please attached:

A copy of the insurance card (front and back)

Order: Complete Health Improvement Program (CHIP)

LIFT Project

Diagnosis (Indicate the primary diagnosis):

<input checked="" type="checkbox"/>	ICD-10	ENDOCRINE, NUTRITIONAL AND METABOLIC, IMMUNITY	<input checked="" type="checkbox"/>	ICD-10	CIRCULATORY SYSTEM
	E11.9	Diabetes II/unspecified		I 10	Hypertension, unspecified
	E10	Diabetes I		I 12.0	Hypertensive renal disease, unspecified
	E11.641	Diabetes II/unspecified, uncontrolled		I 50.9	Congestive heart failure, unspecified
	E10.65	Diabetes I mellitus with hyperglycemia			
	E13.10	Diabetes with ketoacidosis			
	E16.2	Hypoglycemia, unspecified		K 50.90	DIGESTIVE SYSTEM Crohn's disease NOS
	E28.2	Polycystic ovarian syndrome		K 57.30	Diverticulosis of colon
	E78	Pure hypercholesterolemia		K 57.32	Diverticulitis of colon
	E78.4	Combined hyperlipidemia		K 58.0	Irritable bowel syndrome
	E78.2	Mixed hyperlipidemia		K 82.9	Unspecified disorder of gallbladder
	R73.01	Impaired fasting glucose		Other Relevant ICD -10 Codes	
	E88.81	Dysmetabolic syndrome X			
	E66.9	Obesity, unspecified			
	E66.01	Morbid obesity			

Physical Activity restrictions? [] No [] Yes; If yes, limit to: _____

Please attach supporting lab data. (i.e., HbA1c, Fasting glucose, LDL, HDL, e-GFR)

Physician information:

Name:	
NPI:	
Phone:	
Fax:	

 Signature

Date: _____

Intensive Therapeutic Lifestyle Counseling or CHIP (Complete Health Improvement Program)

Office Address:

Phone:

Email:

Your doctor has recommended that you participate in an intensive therapeutic lifestyle counseling program or CHIP. This is a lifestyle medicine program designed to effectively treat your condition. Please call to find out when the next CHIP program in your area will be held. Often these services are provided by your health plan for free. If you have access to the Internet, please go to www.chiphealth.com for more information.

What is Lifestyle Medicine?

Lifestyle Medicine is your doctor's use of proven methods that will empower you to promote and sustain a lifestyle that reverses lifestyle-related health issues. Many lifestyle medicine tactics include steps that will improve nutrition, exercise, sleep, coping with stress, smoking cessation and better use of the healthcare system. CHIP has been clinically proven to reverse chronic disease and help patients like you. Give us a call today.

Thank you.