

Humboldt County Referral – Specialty Guidelines

Humboldt IPA - Our Pathways to Health Program

- **Please ask your patient to contact us to find out about current offerings**
- **Contact information: Kerri Escudero at (707) 267-9606**
- **Fax: 707-443-2527**

Information about Our Pathways to Health Program

- The Our Pathways to Health Program is a six-week self-management program to help improve the health of anyone living with long-term health conditions, such as High blood pressure, Chronic Pain, Diabetes, Arthritis etc.
- Each workshop runs for 2 ½ hours, totaling 15 hours.
- Workshops are held throughout Humboldt and Del Norte counties.
- Each workshop is facilitated by trained peer leaders using a Stanford University-developed curriculum

Reason for Referral	“Required” Clinical Testing & Documentation	“Preferred” Additional Clinical Testing & Documentation
Pathways to Health Workshop	Patient contact information is all the information we need.	Preferred location of workshop, Eureka, Arcata, Mckinleyville etc.

Participants in this program will receive help with the following

Setting achievable goals	Working with others	Finding support and answers to questions
Making daily tasks easier	Relaxing and managing stress	Working in partnership with their health care provider(s)
Eating and exercise for better health	Managing medications	Making informed decisions