

## Humboldt County Referral Form – Specialty Guidelines

### Humboldt IPA Shared Decision Making

- **Please ask your patient to contact us within 1-2 business days after sending the referral, to schedule the coaching session. Contact information: Keri Meza at (707) 443-4563 x18**
- **Fax referral to: 707-443-2527**
- **Please indicate which condition patient is being referred for**

**Information about Shared Decision Making and our services**

- Patients have the option to receive a Decision Aid or receive a Decision Aid and meet with a coach.
- The coaching services and decision aids are free and available to all patients and all payers.
- MORE conditions are being added every day. Please call us if you have a suggestion or a patient with a different condition than the ones listed below:

#### Condition for Shared Decision Making Referral

Low Back Pain, Acute and Chronic	Colon Cancer screening: deciding what's right	Breast reconstruction: Is it right for you?
Knee Osteoarthritis	Weight Loss surgery: Is it right for you?	DCIS: Choosing your treatment
Herniated Disc: Choosing Treatment		Early stage breast cancer: Choosing surgery
Protecting your bones: Preventing another fracture	Heart Tests: Learning about your choices	
Spinal Stenosis	Living with heart failure	Treatment choices for Abnormal uterine bleeding
Treatment choices for Hip Osteoarthritis	Stable Chest discomfort	Treatment choices for Uterine fibroids
Treatment choices for Torn Meniscus	Treatment choices for carotid artery disease	
	Treatment choices for peripheral artery disease	
Coping with symptoms of Depression		Benign prostatic hyperplasia
Help with Anxiety		Is a PSA test right for you?
Living with Chronic Pain		
Sleeping better: help for insomnia		
Looking ahead: Choices for medical care when you're seriously ill		
Peace of Mind (Advance Directives)		