

Humboldt County Referral Form – Specialty Guidelines

Humboldt IPA Priority Care Center (PCC) Wellness Coaching

- After sending this referral, please ask your patient **to contact us at (707) 442-0478 to schedule an appointment with a Wellness Coach.**
- **Fax referral to: 707-443-2527**

Wellness Coaching Services at PCC

Wellness Coaching Services are a FREE service for the members of the following health plans:

- **Anthem PPO & HMO**
- **Blue Shield HMO**
- **Blue Lake Rancheria**
- **Self-pay option is also available**

| Reason for Referral (Clinical Question) | “Required” Clinical Testing & Documentation | “Preferred” Additional Clinical Testing & Documentation |
|--|---|---|
| Exercise education | PAR-Q Physician clearance form signed by provider | Last progress note |
| Smoking Cessation | None | Last progress note |
| Stress management and mindfulness training | None | Last progress note |
| Nutrition education | None | Last progress note |
| | | |

Examples of how the Wellness Coach Program can help:

| | | |
|---|----------------------------------|--|
| Create an exercise routine to manage pain, lose weight, and prevent falls | Quit smoking/tobacco | Healthier eating and planning meals |
| Group exercise classes | How to read a nutrition label | Diabetes Education for type 2 and pre-diabetes |
| Improving sleep habits and increasing energy | Coordinate health goals with PCP | Mindfulness and stress management education |
| Shared Decision making for medical procedures/options | And much more! | |
| | | |