Humboldt County Referral Form – Specialty Guidelines

As You Are Nutrition: 1:1 Outpatient Nutrition Counseling - Registered Dietitians

- Please fax your referral to 707-847-8698
- **Referral must include:** PT's relevant ICD-10 code, PT's contact information, insurance information, recent medical note, recent labs (if available), weight history/growth charts (especially for pediatric referrals)
- **We are in-network with:** Aetna PPO, Adventist Health Employee Health Plan, Blue Shield of CA PPO, Cigna PPO, Curative, Humboldt IPA, Imperial Health, Sutter HMO, Tricare West, Medicare Part B, and Partnership HealthPlan
- **Virtual care throughout California // In-person care in Napa, CA**
- English & spanish speaking, culturally affirming, size-inclusive, HAES-aligned, LGBTQ+ affirming

Reason for Referral to Registered Dietitian	
Diabetes and blood sugar management ● All types of diabetes ● Prediabetes or insulin resistance ● Difficulty managing glucose levels	**Heart health and cardiovascular conditions** ● High cholesterol or triglycerides ● Hypertension (high blood pressure) ● Elevated LDL or low HDL cholesterol
General nutrition and preventive health ● Establishing balanced, sustainable eating habits ● Improving overall diet quality and dietary variety ● Meal planning and grocery shopping support ● Increasing fiber, protein, or other nutrient intake ● Improving energy levels and addressing fatigue related to nutritional intake ● Nutrition education for preventive health ● Support navigating nutrition misinformation	**Eating disorders and disordered eating** ● Anorexia nervosa, bulimia nervosa, binge eating disorder, ARFID, OSFED ● Chronic dieting or restrictive eating patterns ● Emotional eating or feeling out of control ● Fear of food, body image concerns, or food-related anxiety ● Support during eating disorder recovery ● Weight changes related to food intake
Women's health and hormonal conditions ● PMOS (Polyendocrine metabolic ovarian syndrome, formerly known as PCOS) ● Perimenopause or menopause ● Fertility and preconception nutrition ● Pregnancy and postpartum nutrition ● Gestational diabetes or pregnancy-related support	**Gastrointestinal concerns** ● IBS, IBD, Crohn's disease, or ulcerative colitis ● GERD, acid reflux, or chronic heartburn ● Celiac disease or gluten intolerance ● Constipation or diarrhea ● Bloating, abdominal pain, or food intolerances ● Gastroparesis or other digestive disorders
Weight and metabolic health ● Unintentional weight changes ● Difficulty meeting nutritional needs ● Nutrition support for patients taking GLP-1 medications (Ozempic, Wegovy, Mounjaro, Zepbound)	**Nutrient deficiencies and malnutrition** ● Iron-deficiency anemia or low ferritin ● Unintentional weight loss ● Poor appetite or early satiety ● Malnutrition or risk of malnutrition ● Difficulty meeting nutritional needs
Chronic conditions and disease management ● Autoimmune conditions ● Cancer diagnosis or treatment ● Chronic inflammation ● Support for managing multiple chronic health conditions ● Chronic kidney disease (CKD) ● Fatty liver disease (NAFLD/MASLD)	**Special populations and life stages** ● Pediatric nutrition and growth concerns ● Adolescent nutrition and development ● Older adults experiencing appetite changes or muscle loss ● Athletes and physically active individuals ● Patients with increased nutritional needs due to illness, injury, or recovery ● Patients with food allergies, intolerances, and dietary restrictions