REF20H: One Referral Form for all OR REG OP Nutrition, Diabetes Education and Diabetes Prevention referrals

REF20H OR REG Nutrition and Diabetes Education is the new referral form for all Nutrition, Diabetes Education and Diabetes Prevention Program referrals for hospital and PMG locations in the OR region. A centralized scheduling and insurance verification team manages REF20H referrals for:

- Outpatient Nutrition, Eating Disorders, and general Medical Nutrition Therapy
- Diabetes Education
- Diabetes Prevention

Preference lists were updated to remove previous referrals and add the REF20H referral for the system preference list (primary Oregon North and South), as well as personal/user preference lists for providers.

1. **Do not change Referred To Dept.** (PMG Diabetes and Nutrition Education)
2. Select the service(s) requested for your patient; sign as usual.
3. Your patients will be scheduled with the appropriate clinician.
4. The centralized insurance verification team will contact the patient with a summary of benefits and expected OOP costs prior to the appointment.

For questions, please call the scheduling line at (855) 360-5456 or email Kathy.schwab@providence.org
Common Medical Nutrition Therapy Diagnostic Codes Approved by Insurance:

**Pregnancy Related:**

- O26.00 Abnormal weight gain in pregnancy
  - O26.11 Low weight gain in pregnancy, first trimester
  - O26.12 Low weight gain in pregnancy, second trimester
  - O26.13 Low weight gain in pregnancy, third trimester

- O99.019 Iron deficiency anemia in pregnancy

- O99.21 Obesity complicating pregnancy
  - O99.210 Obesity complicating pregnancy, unspecified trimester
  - O99.221 Obesity complicating pregnancy, first trimester
  - O99.212 Obesity complicating pregnancy, second trimester
  - O99.213 Obesity complicating pregnancy, third trimester

- O99.81 Abnormal glucose complicating pregnancy
  - O99.810 Glucose intolerance in pregnancy

**Non-Pregnancy Specific:**

- E28.2 PCOS

- E66 Overweight and obesity
  - E66.01 Obesity due to excess calories
  - E66.02 Morbid (severe) obesity due to excess calories
  - E66.9 Other obesity due to excess calories
  - E66.1 Drug-induced obesity
  - E66.2 Morbid (severe) obesity with alveolar hypoventilation
  - E66.3 Overweight
  - E66.8 Other obesity
  - E66.9 Obesity, unspecified

- E78.1 Hypertriglyceridemia
- E78.2 Mixed hyperlipidemia
- E78.5 Hyperlipidemia
- E88.81 Metabolic syndrome
- I10 Essential HTN
- R73.01 Impaired fasting glucose
- R73.03 Pre-diabetes
- R73.9 Hyperglycemia

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