

Fax: (778) 609-2200 | **Phone:** 604-535-7010 |
Email: info@wellnessgarage.ca |
Address: 15165 Russell Avenue, White Rock, BC

Primary Reason for Referral

Reason for Referral: _____

Please Check Boxes for Relevant Conditions:

- | | |
|---|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Pre-diabetes |
| <input type="checkbox"/> Metabolic Syndrome | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> Cardiovascular Disease | <input type="checkbox"/> Cardiovascular Risk Reduction |
| <input type="checkbox"/> Hypertension | <input type="checkbox"/> Lifestyle Behaviour Coaching |
| <input type="checkbox"/> Osteoarthritis | <input type="checkbox"/> Osteoporosis |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Other: _____ |

I have discussed the referral with the individual: Yes No

Patient Information:

(affix label or complete)

First Name: _____
 Last Name: _____
 PHN: _____
 DOB: ___/___/___ Gender: M/F
 Phone: _____ - _____ - _____
 Email: _____

Comments & Attached Documents

Additional Comments:

Please Check Boxes for Attached Documents:

- | | |
|--|--|
| <input type="checkbox"/> Medical Summary | <input type="checkbox"/> Medications |
| <input type="checkbox"/> Consult Note | <input type="checkbox"/> Current Lab Results |

Physician Name: _____

Billing #: _____

Physician Signature: _____

Date: _____

About Wellness Garage

Wellness Garage is a physician-led Lifestyle Medicine practice that uses an evidence-based approach to lifestyle illness and disability by focusing on core lifestyle behaviors: nutrition, exercise, sleep, stress tolerance, relationships and purpose. We use a multi-disciplinary team-based approach to coach our clients to better, sustainable behaviors. Our program starts with a comprehensive medical review, followed by nutritional, fitness and coaching assessment. The assessment information is reviewed by our physicians to create a lifestyle behavior plan that is led by a personal wellness coach assigned to the client. Our coaching cycles, called Precision Health Tune-Ups, are four months in duration, at which point we do a reassessment and make adjustments to our coaching plans.