

FSU Health

LIFESTYLE MEDICINE CLINIC

7/15/2026

Dear Colleagues,

We are pleased to invite you to refer eligible patients to the Lifestyle Empowerment Approach to Diabetes Remission (LEADR) program offered through the Florida State University Health Lifestyle Medicine Clinic.

LEADR is a 12-week shared medical visit (SMV) program designed for adults with prediabetes or type 2 diabetes who are interested in improving their health through intensive lifestyle modification. Participants receive evidence-based education and support focused on nutrition, physical activity, sleep, stress management, behavior change, and long-term self-management strategies.

The program is delivered in a small supportive group setting led by an interdisciplinary lifestyle medicine team and incorporates individualized clinical monitoring throughout the 12-week program.

Patients may be appropriate for referral if they:

- * Have prediabetes or type 2 diabetes.
- * Are interested in making sustainable lifestyle changes.
- * Are willing to participate in weekly group medical visits.
- * Desire additional education and support to improve their cardiometabolic health.

To refer to a patient, please complete the attached LEADR Referral Form and return it to the LEADR Program Coordinator via email clinicinfo@nursing.fsu.edu. Patients may also self-refer if they are interested in learning more about the program by emailing us or calling our office.

Our next session begins August 26, 2026 with a free information session on August 19, 2026. The deadline for patients to enroll is August 21, 2026.

Thank you for partnering with us to expand access to evidence-based lifestyle medicine services for our patients. We appreciate your support and look forward to working together to improve diabetes outcomes in our community.

Kind Regards,

Dr. Kathleen Wilson

Kathleen P. Wilson, PhD, APRN, FNP-BC, BC-ADM, FAANP, FNAP, DipACLM
-Certified Lifestyle Medicine Professional



Advanced Practice Registered Nurse (APRN), Family & Integrative Nurse Practitioner
Nationally Certified in Advanced Diabetes Management
Florida Center for Nursing, Well-being Advisory Board

FSU HEALTH Lifestyle Medicine Clinic Integrative Practitioner
Florida State University
College of Nursing

FSU Health Lifestyle Medicine Clinic • 1630 Riggins Road, Tallahassee, FL 32308
Telephone 850.878.4434 • Fax 949.655.8526

As a follow-up to our phone contact, please see the email below:

FSU HEALTH Lifestyle Medicine Clinic presents the
Lifestyle Empowerment Approach for Diabetes Remission (LEADR) Program
Shared Medical Appointments (Group Visits) for patients with Diabetes and/or Pre-diabetes

SUBJECT: Let's eat healthy, move more, connect more together!

BODY: The food we eat has a big impact on our bodies' ability to:

- Fight illness
- Stay healthy
- Feel better
- Live longer

But let's face it, changing habits is hard — especially if you're trying to do it alone.

So today, we wanted to let you know about an upcoming program our providers will be hosting.

It's called **Lifestyle Empowerment Approach for Diabetes Remission (LEADR) Program** created by the American College of Lifestyle Medicine (ACLM).

How it works:

We'll be meeting as a small group over the course of 12 weeks to work through lessons the Six Pillars of Lifestyle Medicine including healthier eating, physical activity, restorative sleep, stress reduction, substance use reduction, and positive connections.

We'll learn a lot, encourage one another, and start eating a healthier plate — one step at a time!

This is a very customizable program. You don't need to like any specific foods, and most participants can easily work around any food allergies. You will learn how to apply these six pillars to your everyday life that works for you within your own health vision.

Interested? Here are some of the details:

- Location: FSU HEALTH Lifestyle Medicine Clinic, 1630 Riggins Road, Tallahassee, Florida 32308
- Dates and times: Mondays from 1 – 3 pm starting on January 12, 2026, for 12 weeks.
- How to sign up: Call FSU HEALTH Lifestyle Medicine Clinic at 850-878-4434
- Cost: We'll work with your insurance company to file for these medical visits. For some a co-pay may be requested. Please see the pricing grid emailed to you.
- Since this is designed to be a small group program, with direct access to our providers, seating is limited! If you'd like to participate, check your calendar to make sure it works with your schedule, and then sign up right away.

(If all of the spots fill up quickly, we might run it again later this year.)

As a follow-up to our phone contact, please see the email below:

LEADR program is clinically reviewed program is designed to help people:

- Wake up with more energy
- Lose weight
- Improve lab numbers
- Be more confident
- And more

If you're ready to take small steps that can lead to big health outcomes, join us!

SHARED MEDICAL VISIT Expectations attached to this email.

We highly recommend that you watch this film PRIOR to attending the first session: Open link below:

<https://www.forksoverknives.com/the-film/>



FSU HEALTH Lifestyle Medicine Clinic

Shared Medical Appointment: Information and Expectations for Participants

A shared medical appointment (SMA) is a unique approach to healthcare where a group of patients with similar medical conditions or concerns meets with a healthcare team for a comprehensive and interactive session. Below is a summary of key information and expectations for participants:

Purpose

- Foster a collaborative environment for education, support, and personalized care.
- Provide patients with the opportunity to learn from healthcare professionals and peers with similar experiences.
- Address individual health concerns within a group setting while promoting overall well-being.

Structure

- Sessions typically last 1-2 hours and may include a mix of presentations, discussions, and private consultations.
- Facilitated by a multidisciplinary team, such as physicians, nurses, dietitians, or therapists.
- Time for individual questions or brief private discussions with the medical professional may be included.

Preparation

1. **Know Your Goals:** Identify the questions, concerns, or outcomes you hope to address during the session.
2. **Bring Essentials:** Have your medical records, medication list, and any materials requested by the healthcare team ready.
3. **Dress Comfortably:** Wear comfortable clothing, especially if there are physical activities or measurements (like blood pressure) involved.
4. **Arrive Early:** Being punctual ensures you don't miss crucial parts of the discussion.

What to Bring

- A list of current medications, symptoms, and any questions for the healthcare team.
- Any necessary medical records, if requested in advance.
- Your PARTICIPATION Manual for review and not-taking, goal setting.
- Bring your water bottle

Expectations of Participants

1. **Active Participation:** Engage in discussions, ask questions, and share insights respectfully.
2. **Punctuality:** Arrive on time to ensure the session runs smoothly for all participants.
3. **Respect:** Treat all group members and facilitators with courtesy and understanding.
4. **Open-Mindedness:** Be receptive to diverse perspectives and experiences shared by others.

Benefits

- Gain a deeper understanding of your condition and treatment options.
- Build a sense of community and mutual support.
- Develop personalized strategies for better health and wellness.

Participation

1. **Engage Actively:** Take advantage of the opportunity to ask questions and share experiences, while respecting the flow of the session.
2. **Be Open:** Listen to the insights of healthcare professionals and fellow participants with an open mind.
3. **Respect Boundaries:** Keep discussions focused on medical topics and maintain privacy for all group members.

Collaboration

1. **Be Supportive:** Encourage others and contribute positively to the group dynamic.
2. **Learn from Others:** Glean advice or coping strategies from peers facing similar medical challenges.
3. **Provide Constructive Feedback:** Share concerns or suggestions respectfully with the healthcare team if needed.

Confidentiality

1. **Maintain Privacy:** Ensure that what is shared during the session stays within the group.
2. **Follow Guidelines:** Abide by any confidentiality agreements established by the healthcare team.

Follow-Up

1. **Review Notes:** Reflect on what was discussed and use any takeaways to improve your health and lifestyle.
2. **Act on Recommendations:** Follow through with personalized advice or treatment plans provided during the session.

Costs

1. Our medically supervised program can be covered by most insurance plans . We'll bill your insurer directly, but you may be responsible for co-pays, depending on your plan.
2. If not covered or not insured, then a fee will be applied. Please contact the office for the most up-to-date fee.
3. You may be able to use your employer-provided flexible spending account (FSA) or health savings account (HSA) to help pay for some expenses with pretax dollars.

Kpw/051525

FSU HEALTH LIFESTYLE MEDICINE CLINIC

Lifestyle Empowerment Approach to Diabetes Remission (LEADR) - 12 WEEK PROGRAM

SCHEDULE: August > December 2026 (Wednesdays), 2 – 4 PM

**Due to multiple holidays, if the group wants to modify the meeting dates
– this will be considered*

WELCOME to LEADR Preview/Information meeting: August 19th

- Get INSPIRED! Setting the stage for your journey to health

Session 1 – August 26 (Wednesday)

- Let's Get Started with Diabetes Remission

Session 2 – September 2 (Wednesday)

- Follow your Roadmap to Healthy Eating

Session 3 – September 9 (Wednesday)

- Change your Lifestyle; Transform your Health

SKIP September 16 (WEDNESDAY)

Session 4 - September 23 (Wednesday)

- Keep Track of Water, Fiber, and Fat

Session 5 – September 30 (Wednesday)

- Enjoy a Full Plate Towards Your Diabetes Remission Goals

Session 6 – October 7 (Wednesday)

- Refresh Yourself with Whole Foods, sleep, and Stress Reduction.

Session 7 – October 14 (Wednesday)

- Power Up Your Lifestyle with Physical Activity

Session 8 -October 21 (Wednesday)

- Set Up Your Environment for Success

Session 9 – October 28 Wednesday)

- Commit to Healthy Meals and Stay the Course

Session 10 – November 4 (Wednesday)

- Master Shopping and Label Reading

SKIP November 11 (WEDNESDAY)

Session 11 – November 18 (Wednesday)

- Plan Your Meals at Home and Away

Session 12– December 2 (Wednesday)

- Prepare for the Journey Ahead.

Lifestyle Empowerment Approach to Diabetes Remission (LEADR) 12-Week Shared Medical Visit Program

NAME: _____

DOB: _____

DATE: _____

LEADR Program Pricing Grid: **CIRCLE BELOW SELECTED PACKAGE**

Category	What's Included	Pricing	Notes
Insurance-Covered Participants	12 weekly shared medical visits Medical management by NP Diabetes education Ability to use current insurance-covered CGM at no cost - Optional Stelo CGM (\$90/box-1 month supply) if needed 10% supplement discount	Standard co-pay per visit (typically \$25–\$45/week) + standard visit reimbursement from insurance	Billing submitted to insurance. Patient responsible for co-pays/coinsurance.
Cash Weekly Payment Plan	- Pay-as-you-go model - All 12 weekly sessions - Optional Stelo CGM (\$90/box)	\$45/week (min \$630 + additional CGMs separate cost at \$90/box 1 month supply)	Best for people who prefer to pay weekly. Costs more overall compared to bundled options, especially if CGM is included.
Cash Upfront Bundle (Best Value)	- All 12 weekly sessions Full 12 weeks of Stelo CGM (3 boxes-six total sensors) or use your existing prescribed CGM 10% supplement discount during program - Early enrollment and priority scheduling	\$599 total (visits and CGMs {a \$270 value)	Saves \$211 compared with weekly payments plus CGM purchased separately. Gives a predictable, all-inclusive cost for the 12-week program.
FSU Employee & Veteran Bundle (Special Pricing)	- All benefits of the Cash Upfront Bundle - Additional CGM discount (\$225 value) - Complimentary 30-minute lifestyle NP session Extended 10% supplement discount (6 months post program) - Early enrollment and priority scheduling	\$549 total	Provides the greatest savings (\$261). Designed to support long-term wellness for employees and Veterans.

Note: Continuous glucose monitors (CGMs) are not required to participate in the LEADR program. However, they are recommended for individuals who want real-time insight into how nutrition, activity, stress, and sleep influence their glucose

Lifestyle Empowerment Approach to Diabetes Remission (LEADR) 12-Week Shared Medical Visit Program

patterns. CGMs can enhance learning and help patients tailor lifestyle strategies more effectively throughout the 12-week program. **Dexcom Stelo is \$77 per box if patients would like to purchase after using their bundle of 6.

Note: Stelo continuous glucose monitors (CGMs) are produced by Dexcom and represent their over-the-counter model designed for consumer use without a prescription.

Value Comparison for Patients

Option	Your Total Cost	Full Value	Your Savings
Insurance Co-pays	~\$420 (assuming \$35 × 12 visits)	\$900	\$480 (varies by plan)
Cash Weekly (\$45/wk)	\$540	\$900	\$270 saved only if you skip CGMs
Cash Upfront (\$599)	\$599	\$900	\$211 savings PLUS free CGMs (\$270 value)
FSU Employee/Veteran (\$549)	\$549	\$900	\$261 savings PLUS free CGMs (\$270 value)

Take control of your health with a proven, supportive, medically supervised approach to diabetes remission.

LEADR is a 12-week group medical program that blends lifestyle medicine, diabetes education, and personalized support. You'll work directly with advanced practice clinicians in a small group setting to improve glucose control, reduce medication needs, and build long-term habits for metabolic health.

What's Included:

- Weekly shared medical visits led by nurse practitioners
- Continuous Glucose Monitoring (Stelo or your existing prescribed CGM)
- Nutrition, movement, and stress-reduction strategies
- Medication review and tailored adjustments
- Interdisciplinary Care Team support
- 10% supplement discount throughout the program
- Optional individual lifestyle consultation

Who Should Join

- Adults with prediabetes or type 2 diabetes
- Those seeking improved metabolic health and weight support

Lifestyle Empowerment Approach to Diabetes Remission (LEADR) 12-Week Shared Medical Visit Program

- Individuals ready to build sustainable habits
- Anyone not meeting goals with traditional care
- Insurance and cash-pay options available

★ Program Pricing Options

Insurance Option

- Standard co-pay per visit (usually \$25–\$45)
- Optional CGM (\$90 per box)
- Patients using an insurance-covered CGM may continue at no added cost

Weekly Cash Payment Plan

- \$45 per week
- Min cost \$630
- Optional CGM and supplement discounts after using 6 included in bundle
- Compatible with Stelo or existing prescribed CGM

Cash Upfront Bundle – Best Value

\$599 total

Includes:

- ✓ All 12 shared medical visits
 - ✓ Full 12-week supply of Stelo CGMs
 - ✓ 10% supplement discount
 - ✓ Early enrollment and priority scheduling
- Saves \$151 compared to the standard \$750 value.
Saves \$211 compared with weekly payments plus CGM purchased separately.

Patients save \$151 compared to weekly payments plus a la carte CGM.

FSU Employee & Veteran Bundle

\$549 total

Includes all benefits of Cash Upfront Bundle plus:

- ✓ Additional CGM discount- after using 6 included in bundle.
- ✓ Complimentary 30-minute NP lifestyle consultation
- ✓ Extended supplement discount (6 months)
- ✓ Priority scheduling

Limited spots available per cohort.

Lifestyle Pillars for the Prevention and Treatment of Type 2 Diabetes

Created with support from: Adelaide Durkin, DNP, MS, RN, CNE, DipACLM & Margarete Collins, MPH, RD, CDCES, DipACLM. Reviewed by faculty of the [Reversing Type 2 Diabetes and Insulin Resistance - Course](#)

I. Healthful Eating ^[1-15]

Follow a predominantly [whole food plant-based eating pattern](#) that includes a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.

- Fresh or frozen non-starchy vegetables and fresh or frozen fruit (any combination – fill ½ of the plate)
- Starchy vegetables such as sweet potatoes or winter squash or whole grains such as oats, whole grain bread, barley, brown rice (any combination – fill ¼ of the plate)
- Plant protein sources such as beans, lentils, peas, soybeans, or minimally processed soy products such as tofu and tempeh (any combination – fill ¼ of the plate)
- Include an ounce (~28g) of nuts or seeds each day, with an emphasis on choices that are rich in omega-3 fatty acids such as ground flaxseed, chia seeds, hemp seeds, or walnuts
- Minimize or avoid the use of oils and other forms of concentrated or processed fats such as margarine – small amounts of fat such as cooking spray to prevent food from sticking to a pan are okay
- Drink plenty of water during the day. Women should aim to get approximately 2.2 L (73 ounces) and men 3 L (100 ounces) of water daily. Eating fruits and vegetables that contain plenty of water also helps with fluid intake. Those who live in hot climates or are very physically active may need to consume more water

Many people find their weight and blood sugars improve if they eat just two to three times per day, with the last meal being light and approximately 3–4 hours before bedtime.

NOTE: Before making significant dietary changes, address medication adjustments with your health care provider to prevent hypoglycemia and hypotension; discuss hypoglycemia and hypotension awareness and management.

(<https://deprescribing.org/what-is-deprescribing/>)



II. Physical Activity ^[16, 17]

- Whenever possible, go on a short walk (at least 10-minutes) or engage in any type of light physical activity immediately after every meal
- Although light physical activity is recommended immediately following a meal, more strenuous workouts are generally better to do at least 2 hours after meals or before them
- Do moderate-to-vigorous aerobic activity at least 150–300 minutes a week
- High-intensity exercise may provide additional blood glucose control
- Do at least 2-3 sessions of resistance exercises that work all major muscle groups per week. This should include lower body movements such as squats, lunges, and/or hip hinges, core exercises, and upper body pushing and pulling movements such as push-ups, shoulder presses, pull-ups, and rows
- Avoid prolonged sitting. Stand up for three minutes for every 30 minutes of sedentary activity



III. Develop Strategies to Manage Stress ^[18-23]

- Share concerns and feelings with caring individuals
- Seek social support and psychosocial therapy as needed
- If possible, enroll in a lifestyle program
- Do progressive muscle relaxation
- Practice mindfulness
- Engage in activities with a like-minded group
- Get screened for and, if needed, seek treatment for anxiety and depression
- Practice forgiveness



IV. Avoid Risky Substances ^[22, 24]

- Avoid all tobacco products
- If you smoke, enroll in a smoking cessation program, or call 1-800-QUITNOW (available in 50 states)
- Seek alcohol and substance abuse counseling when appropriate – visit <https://www.rethinkingdrinking.niaaa.nih.gov/>
- Participate in a program that offers counseling and medications as needed
- Consider downloading and using an app to help



V. Improve your Sleep ^[22, 25-28]

- Aim to get 7-9 hours of sleep a day
- Practice sleep hygiene
 - Have a regular sleep schedule
 - Keep noise and light in the bedroom to a minimum
 - Get sunlight or bright light exposure early in the day
 - Exercise regularly
 - Engage in relaxing activities before bedtime
 - Avoid caffeine late afternoon and evening and limit during the day
 - Avoid electronics or screens while in bed
 - Keep your lights dim and avoid bright light exposure close to bed time
 - Avoid eating late

NOTE: Talk with your healthcare provider if you have any concerns about sleep



VI. Form & Maintain Healthy Relationships ^[17, 18, 21, 22, 29]

- Seek support from family and friends
- Join community groups that support a healthy lifestyle
- Engage in relevant social networks
- Work collaboratively with your healthcare team
- Seek healthcare providers who model healthy lifestyle behaviors



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LEADR Referral Form

Florida State University Health Lifestyle Medicine Clinic

Lifestyle Empowerment Approach to Diabetes Remission (LEADR)-please email form to
clinicinfo@nursing.fsu.edu ATTN: LEADR Nurse Coordinator

Referral Type

☐ Provider Referral ☐ Self-Referral ☐ New Patient ☐ Established Patient

Participant Information

Name: _____

Date of Birth: _____

Phone: _____

Email: _____

Insurance: _____

Reason for Referral- Can check multiple

☐ Prediabetes

☐ Type 2 Diabetes

☐ Weight Management

☐ Interested in Lifestyle Medicine

☐ Other: _____

Provider Information (Provider Referral Only)

Referring Provider: _____

Clinic: _____

Phone: _____

Self-Referral (Self-Referral Only)

How did you hear about LEADR?

☐ Healthcare Provider ☐ Friend/Family ☐ social media

☐ Community Event ☐ Other: _____

LEADR Coordinator Use Only

☐ Eligibility Confirmed ☐ Contacted

☐ Participant Contacted

☐ Orientation Scheduled ☐ Enrolled

Study ID: _____