

THE INSTITUTE REFERRAL FORM

(Adult /Pediatric) **CIRCLE:** *Scottsdale, Gilbert, or Phoenix Center*

DATE OF REFERRAL: _____

PATIENT NAME: _____

TEL: _____ **ALT TEL:** _____

SEX: M or F **DOB:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

INSURANCE (PRIMARY) / POLICY #: _____ **INSURANCE (SEC) / POLICY #:** _____

INDICATIONS for Sleep Apnea Testing

STOP-BANG assessment tool for OSA

- Snoring, loud
- Tiredness/fatigue/daytime sleepiness
- Observed apnea
- Pressure: hypertension
- Body mass index (BMI) > 35 kg/m²?
- Age > 50 years?
- Neck circumference > 15.75" (40cm)?
- Gender = Male?

Other associated medical conditions

- Sensitive occupation: _____
- Chronic opioid use: _____
- AFIB or other arrhythmia: _____
- Cardiovascular disease: _____
- Neurological disease: _____
- Pulmonary disease: _____
- Metabolic syndrome or Type 2 Diabetes (circle)
- Other: _____

Other symptoms and concerns (Parasomnias, Insomnia, Circadian Rhythm disturbance, Hypnotic dependency, Restless legs syndrome, Narcolepsy / Hypersomnolence, Nightmares, Dream enactment behavior, etc.)

CONSULT AND TESTING

- ### SLEEP CONSULTATION/MANAGEMENT (Recommended)
- Sleep Consultation & Long-Term Management with Sleep Physicians
 - Cognitive Behavioral Therapy for Insomnia (CBT-I) with Clinical Psychologist

- ### SLEEP TESTING (Referring provider will manage treatment & follow up; IF WOULD LIKE THE SLEEP SPECIALIST TO MANAGE THEN SELECT CONSULTATION & MANAGEMENT ABOVE)
- Diagnostic full-night polysomnography (No CPAP)
 - Split-night polysomnography (AASM Criteria for initiating CPAP will be utilized)
 - Full night of PAP (Patient must have documented diagnosis of apnea by PSG; if no diagnosis of PSG, consider repeat PSG, split-night, or sleep consult)
 - Limited channel testing (indicated for patients with high pretest probability for OSA without comorbid cardiovascular disease, parasomnia activity, and/or periodic limb movements)
 - Overnight EEG testing for nocturnal epilepsy
 - Sleep Profiler (home overnight EEG testing for insomnia)
 - Other: _____

URGENCY for CONSULT/TESTING

- Not urgent
- Urgent due to: _____

REFERRING PROVIDER INFORMATION

REFERRING PROVIDER: _____

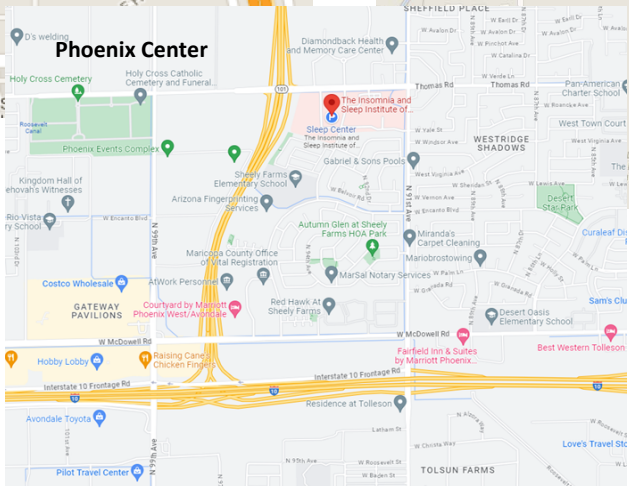
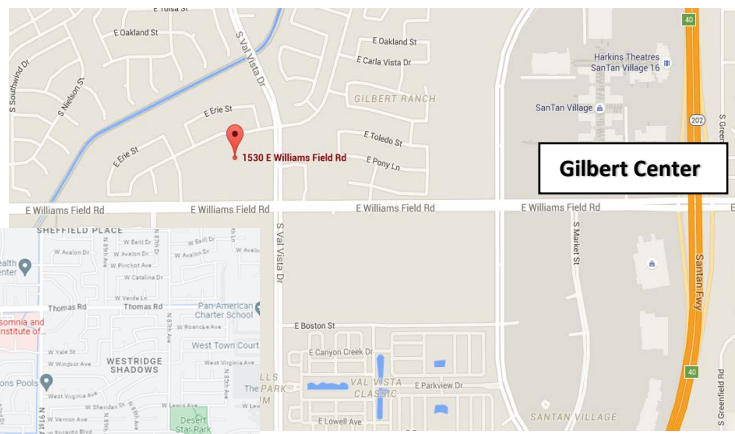
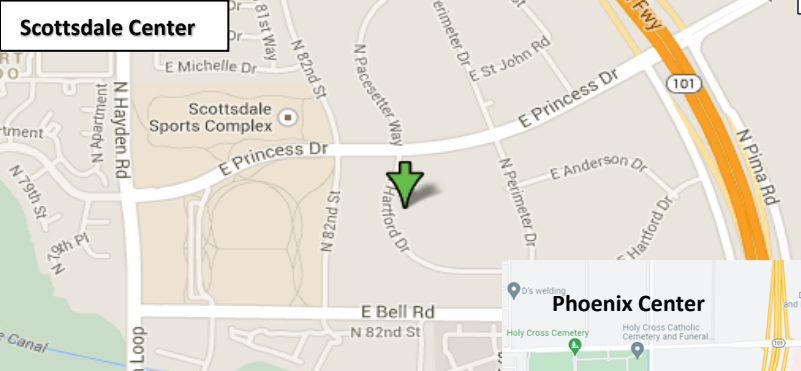
SIGNATURE: _____

PHONE: _____ FAX: _____

INSURANCE PLANS CURRENTLY ACCEPTED

- **Aetna (HMO, PPO / Medicare HMO)**
 - Banner
 - Cofinity
 - Open Access
 - Premier Care Network
 - Aexcel/Aexcel Plans
 - Aetna HealthFund Plans
 - Aetna Whole Health – ACN including HMO/HNO
 - Aetna Medicare—PPO/HMO
- **AHCCCS Plans**
 - APIPA/Personal Care Plus/Community Plan
 - UHC Dual Complete (HMO SNP)
 - UHC Developmentally Disabled
 - AHCCCS Medicaid
 - Care1st / One Care
 - Evercare Choice / Premier / Select
 - HealthNet
 - Maricopa Health Plan / Maricopa Care Advantage
 - Kidscare
 - Mercy Care
- **Ancillary Care Services (ACS)**
 - Beech Street
- **Arizona Foundation for Medical Care**
- **Arizona Medical Network (AMN)**
- **American Choice Provider Network (ACPN-PPO)**
- **Banner Network**
 - Blue Medicare Advantage w/ alpha prefix XBU
- **Beach Street (AP Plan, Auto, PPO, Workers Comp)**
- **Blue Cross Blue Shield (including Alliance and Select)**
- **Cigna**
 - Cigna Open Access Plus, OA Plus, ChoiceFund OA Plus, ChoiceFund OA Plus w/ Carelink
 - Cigna PPO, Choice Fund PPO, Cigna Local Plus
 - Network, HMO, POS
 - Cigna HealthSpring Medicare Advantage
- **CorVel (Auto, PPO, Workers Comp)**
- **Coventry / First Health**
- **Fortified (Auto, PPO, Workers Comp)**
- **Galaxy Health Network (PPO, Workers Comp)**
- **Coventry / First Health**
- **Fortified (Auto, PPO, Workers Comp)**
- **Galaxy Health Network (PPO, Workers Comp)**

- **Health Net and Ambetter**
 - Medicare HMO
 - PPO Standard
 - Standard HMO
 - Arizona Community Care HMO
 - Medicaid AHCCCS
- **HealthSmart (ACCEL, Auto, HPO, PPO, Workers Comp)**
- **Humana / Humana Choice Care**
- **Integrated Health Plan (IHP; Auto, PPO, Workers Comp)**
- **Medicare**
- **Multiplan / PHCS**
- **Oscar**
- **Phoenix Children's Care Network (PCCN)**
 - Intel Connected Care (Arizona Care Network)
 - Phoenix Choice
 - Phoenix Choice HMO Abrazo & Phoenix Children's Hospital (Network is ABZ+PCH)
 - Phoenix Choice HMO (Network is PHX)
 - Health Choice
 - Health Choice Value
 - Health Choice Essential
- **Prime Health (Auto, IME, PPO, Workers Comp)**
- **Tricare Standard (only)**
- **United HealthCare**
 - Choice / Choice Plus (HMO/PPO/POS)
 - Choice / Plus with Harvard Pilgrim
 - Compass (HMO/Plus)
 - All Savers (PPO – exchange plans)
 - Core (Essential/HMO/Core Essential HMO)
 - Charter
 - Navigate (HMO/Navigate Balanced/Plus)
 - Options (PPO/PPO with Harvard Pilgrim)
 - Passport Connect Choice / Choice Plus, Options PPO
 - Select (HMO/Plus/Plus HMO)
 - Medical Choice w/ UHC Choice Plus
 - AARP Medicare Complete HMO (Phoenix Direct & Lifprint Optum)
- **University of Arizona Health Plans**
 - University Family Care, University Care Advantage, University Health Care Group, University Healthcare Exchange, Kids Care
- **Current ACO Memberships:**
 - Arizona Care Network (ACN)
 - Arizona State Physicians Association (ASPA)
 - Innovation Care Partners (ICP – Honor Health)
 - Phoenix Childrens Care Network (PCCN)



Scottsdale Center

Gilbert Center

Phoenix Center