



## Health Promotion Board Lifestyle Programme Referral Form

- Complete and tick the relevant boxes in Sections A-D
- Pass the completed form to your patient
- Your patient registers for the programme(s) by referring to the contact details under Section E

### (A) Programmes

**Take Charge Programme**

*The workshop based programme aims to equip individuals and/or their caregivers with the knowledge and skills to better manage their condition(s) through lifestyle modifications.*

**Diabetes Prevention Programme (DPP)**

*The Programme (6-week structured programme comprising of exercise and nutrition workshops, followed by a 6-week self-directed phase) aims specifically to engage, motivate and equip participants with pre-diabetes with the necessary knowledge and skills to make lifestyle modifications.*

**IQUIT**

*The Programme aims to support individuals who are smokers in their quit journey by sending them daily SMS tips for 28 days.*

**Lose To Win**

*The Programme aims to teach participants how to lose weight the healthy way by increasing physical activity and making better food choices.*

### (B) Client's Particulars

Client's Name : \_\_\_\_\_ NRIC No: \_\_\_\_\_

Contact No: \_\_\_\_\_ (HP/Home/Office)

### (C) Reason(s) for Referral

Diabetes     High Cholesterol     High Blood Pressure     Obesity

Impaired Glucose Tolerance/Impaired Fasting Glucose     Smoking

Newly diagnosed (Date of Diagnosis): \_\_\_\_\_

### (D) To be completed by Referring Person

Name / Signature : \_\_\_\_\_

Date of Referral : \_\_\_\_\_

Name of Clinic : \_\_\_\_\_

Email Address : \_\_\_\_\_

Clinic Stamp : \_\_\_\_\_

### (E) How to Participate

Take Charge	DPP	IQUIT	Lose To Win
a. Send the completed form to <a href="mailto:HPB_nurse_educator@hpb.gov.sg">HPB_nurse_educator@hpb.gov.sg</a> or b. Call 9199 4105 (Mondays – Fridays: 9am to 5pm, excluding public holiday)		a. Call Quitline at 1800-438-2000 or b. Visit <a href="http://www.hpb.gov.sg/iquit">www.hpb.gov.sg/iquit</a> or c. Make an appointment with a participating pharmacy (check the list of participating pharmacies under "Resources" at <a href="http://www.hpb.gov.sg/iquit">www.hpb.gov.sg/iquit</a> )	a. Send the completed form to <a href="mailto:HPB_LOSETOWIN@hpb.gov.sg">HPB_LOSETOWIN@hpb.gov.sg</a> or b. Call 1800 221 1488 (Mondays – Fridays: 9am to 5pm, excluding public holiday) for more information.