



Patient Referral

Patient Name: _____ DOB: _____

Patient Phone Number: _____ PHIN: _____

To be eligible for this program, your patient must meet the following criteria:

- Woman, aged 30 or older, lives in Manitoba
- Framingham Risk Score \geq 10%
- No diagnosis of Cardiovascular Disease
- Not taking antihypertensive medication

Her Heart is a 12-month behavioural mentoring program designed for all people who identify as women, including Two-Spirit, cisgender, transgender and non-binary women, with the goal of reducing cardiovascular disease risk.

As the Primary Care Provider we expect you to:

- Provide your patient with three post-dated blood requisitions for today, in six months and in 12 months. ***Blood work must be taken within six weeks of program milestones.**
- **Blood Tests required:**
 - Total Cholesterol
 - HDL
 - LDL
 - Cholesterol Ratio (Total cholesterol/HDL-C)
 - Triglycerides

The Primary Care Provider can expect:

- Communication from the program detailing your patient's progress

The Patient can expect:

- A phone call from a Lifestyle Behaviour Mentor upon review of your referral and blood work results.

Please provide the patient's Framingham Risk Score:

Risk Factor	Value		<p>To calculate the FRS of your patient, you can use this:</p> <p style="text-align: center;">FRS calculator</p> <p>Risk of heart disease in 10 years:</p> <p style="text-align: center;">_____ %</p> <p>Must be 10% or higher</p>
Sex	Female	Male	
Age	_____ years		
Smoker	Yes	No	
Diabetes	Yes	No	
Blood Pressure	____ / ____ mmHg		
Blood Pressure is Treated	Yes	No	
Total Cholesterol	_____ mmol/L		
HDL Cholesterol	_____ mmol/L		
CVD family history in first degree relatives before 55 for males or 65 for females	Yes	No	

Specific Instructions/Restrictions/Requests:

Primary Care Provider Name (Please Print)

Primary Care Provider Phone Number

Send this referral through EMR, fax or print and hand to your patient

AFG & RHFG MyHT Primary Care Providers: Fax to: 204-940-7090
All others to Reh-Fit Centre: Fax to: 204-928-7690

Program developed by the experts at the Reh-Fit Centre.