



FibroFOCUS™

Fibromyalgia Group Treatment Program On Zoom

Please fax this referral form to 403-209-2954

Blank copies of this form are available at fibrofocus.com

Thank you for completing this referral form. Your referral is appreciated. FibroFOCUS™ uses MedeoHealth.com for messaging, so please ensure the patient has consented to your office sharing their email address for this purpose, using the following consent script:

“FibroFOCUS™ uses a patient messaging service called Medeo Health, and you will receive an email message entitled *“John Pereira Professional Corporation sent you a secure message in Medeo”*. Are you comfortable with our office providing your email address to FibroFOCUS™ so that they may message you directly? The confidentiality of email cannot be guaranteed and is used only with your permission and at your own risk. This service is provided at no cost, and you can read the Terms and Conditions at ca.medeohealth.com/terms/user”

Patient Information:

Please provide an email address, and voicemail phone number, accessible only to the patient.

E-mail address (required):

Phone number with voicemail accessible only to the patient:

Last name:

First name:

PHN:

Date of birth (MM/dd/YYYY):

Home address:

Fax Disclaimer: This fax transmission contains confidential information that is intended only for FibroFOCUS. If you are not the intended recipient, you are hereby notified that any disclosure, copying or distribution of the contents of this fax is strictly prohibited. If you have received this fax transmission in error, please immediately notify the referring physician at the telephone number they have provided.

Referring Physician:

Last name:

First name:

PRACID:

Address:

Phone:

Fax:

Family Physician: (only if different than the referring source)

Last name:

First name:

Address:

Phone:

Fax:

FibroFOCUS™ is a group treatment program on Zoom™ for adults with an established diagnosis of primary fibromyalgia syndrome living in Alberta. It is not suitable for those needing one-on-one care, in-person treatment, or confirmation of a diagnosis.

This is a shared care model for all Albertans. Patients can directly contact Dr. John Pereira via Medeo Health Secure messaging to have their non-urgent questions answered in writing or by phone. Urgent and after-hours care need to be arranged and provided by the patient's referring doctor in conjunction with patient's local medical home. Urgent and after-hours care are not arranged or provided by FibroFOCUS. Healthcare providers are encouraged to book a phone call with Dr. John Pereira to discuss their patient's needs as they progress through the program.

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- Please select all of the boxes that apply:
- The patient wants to join a group program on Zoom™.
 - The patient does not require one-on-one care, such as the prescribing of medications.
 - The patient does not require in-person care such as injections for pain or hands-on treatments.
 - The patient does not require care at a tertiary-level chronic pain program, such as those offered by Alberta Health Services.
 - The patient is aware that FibroFOCUS™ is a community-based program on Zoom, and not an Alberta Health Services program.
 - As this is a group program, the patient does not need personalized reports or forms filled out.
 - You are confident the patient has primary fibromyalgia syndrome, and they are not looking for another diagnosis or significant additional testing.
 - Primary fibromyalgia syndrome is the main cause of the patient's pain, there no pending medical investigations or workup related to their fibromyalgia, and any other causes of pain have been referred for care outside of FibroFOCUS™.
 - As the referring physician, you have arranged for urgent and after-hours care to be provided in conjunction with the patient's local medical home. FibroFOCUS™ is a shared-care model for the entire province of Alberta, and does not provide any urgent or after-hours care.
 - The patient is seeking pain self-management for fibromyalgia, and not a medical cure.
 - The patient is suitable for a group program and will participate harmoniously with other patients.
 - If every tickbox has been selected, then the patient is a good candidate for FibroFOCUS™.

Please include attach all relevant history, medications, consultations, imaging reports, and test results that are not available on Alberta Netcare. Especially valuable are assessment and treatment notes from other chronic pain programs.

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All services are provided free of charge. If your patient selects the full FibroFOCUS™ program, they will also receive Stress Management And Resiliency Training (SMART) by the Benson Henry Institute at Massachusetts General Hospital, with a printed workbook mailed to them at no cost. This is for them to use and keep.

They will also be sent a FitBit®, and HeartMath® heart rate variability (HRV) monitor, at no charge - which they will return at the end of the program to any Canada Post location - with free return shipping included.

All versions of FibroFOCUS™ also include Empowered Relief™ from Stanford University Division of Pain Medicine, with its own online assessment and electronic course materials.

Thank you for your referral.

Please save a copy of this form in a very secure location only, such as within an Electronic Medical Record (EMR).

If they haven't yet, please encourage your patient to visit fibrofocus.com

All referrals must be faxed
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