

Patient referral

For referral to Sarkova Health for supervised exercise and nutrition guidance.

For clinic use only.

Please send the completed form directly to info@sarkova.ca

Patients: please give this form to your clinician. It should not be completed or returned by the patient.

1. Patient

Full name

Date of birth (DD/MM/YYYY)

Phone

Email

Address and postal code

2. Referring clinician

Clinician name

Designation (MD, NP, other)

Clinic name

Registration number (optional)

Clinic phone

Clinic email

3. Reason for referral

Select all that apply

- | | |
|---|--|
| ☐ GLP-1 therapy or weight management | ☐ Type 2 diabetes or prediabetes |
| ☐ Hypertension or cardiovascular risk | ☐ Hormonal condition (PCOS, thyroid, other) |
| ☐ Musculoskeletal, injury or post-surgical | ☐ Falls risk, sarcopenia or deconditioning |
| ☐ General health and prevention | ☐ Other (describe below) |

Referral details and goals

4. Clinical information

Relevant diagnoses and medical history

Current medications and doses

Is the patient currently on a GLP-1 or GIP/GLP-1 medication?

☐ Yes ☐ No ☐ Starting soon

If yes: medication, current dose and start date

5. Exercise clearance

☐ Cleared for exercise ☐ Cleared with restrictions ☐ Not yet cleared

Restrictions, precautions or contraindications (e.g. heart rate limits, weight bearing, joints to protect)

6. Nutrition

Sarkova provides a written nutrition plan with every programme. For patients on GLP-1 therapy, the plan is sent to the prescribing clinician for review and confirmation before the patient receives it.

- ☐ I will review and confirm this patient's nutrition plan
☐ Nutrition to be reviewed by another provider (name below)

Dietary considerations or other provider

7. Consent and signature

- ☐ The patient has consented to this referral and to this information being shared with Sarkova Health.
☐ Please send progress summaries to my clinic.

Clinician signature

Printed name

Date

Sarkova Health provides exercise programming, personal training and general nutrition guidance. It does not diagnose, treat or prescribe.