

Referral Guidelines

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Allergy & Immunology Referral Guidelines

Disease State Description:

TeleMed2U Allergists / Immunologists (commonly referred to as an Allergist) are providers specially trained to diagnose, treat and manage allergies, asthma and immunologic disorders including primary immunodeficiency disorders. These conditions range from the very common to the very rare, spanning all ages and encompassing various organ systems

- ✓ *Pediatric (Under 5 years of age requires provider approval)*
- ✓ *Adults (18 years of age and above)*

Example of disease states include:

- Allergy Rhinoconjunctivitis
- Anaphylaxis
- Asthma
- Atopic Dermatitis
- Drug Allergy
- Eosinophilic Esophagitis
- Food Allergy
- Immunodeficiency
- Insect Hypersensitivity
- Sinusitis
- Urticaria / Angioedema

Exclusion Criteria:

- None

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 30 mins
- Follow-up Consultation: 15 mins

Cardiology Referral Guidelines

Disease State Description:

TeleMed2U Cardiology providers will work with the primary medical team to provide management of patients with cardiovascular diseases.

- ✓ *Adult patient defined as – 18 years or Older*

Example of disease states include:

- Hypertension
- Hyperlipidemia
- Coronary Artery Disease
- Palpitations
- Dilated Cardiomyopathy
- Congestive Heart Failure
- Shortness of breath

Exclusion Criteria:

- Acute management of emergent cardiovascular issues
- Acute management of chest pain

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description.
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines is pertinent to evaluation.
- Recent ECG (if pertinent)
- Lipid profile (if pertinent)
- Previous cardiovascular dialogistic studies (Echocardiogram, exercise stress test, etc.)

Consultation Time Requirements:

- Initial Consultation: 40 mins
- Follow-up Consultation: 20 mins

Dermatology Referral Guidelines

Disease State Description:

TeleMed2U Dermatology providers specialize in the diagnosis and treatment of diseases involving the skin, scalp, hair, and nails. Our physicians will provide recommendations for medical and if necessary surgical treatment strategies.

- ✓ *Accepts Referrals for Patients of ALL Ages*

Example of Disease States Include:

- Actinic keratosis
- Acne vulgaris (Acne)
- Athlete's Foot (Tinea Pedis)
- Atopic dermatitis (Eczema)
- Warts
- Basal cell carcinoma
- Contact dermatitis
- Hives (Urticaria)
- Psoriasis
- Rosacea
- Measles
- Melanoma
- Shingles (Herpes Zoster)

NOTE: Diagnosis that involve mass growth on skin such as lumps or lesions are not appropriate for telehealth and should be treated by an in-person dermatologist. i.e cyst or lipoma.

Exclusion Criteria:

- Cyst/Lumps
- Keloids
- Lipoma
- Accutane Consults
- Cancer Diagnosis
- Skin Lesions

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation
- If applicable pathology reports

Consultation Time Requirements:

- Initial Consultation: 15 mins
- Follow-up Consultation: 15 mins

Endocrinology Referral Guidelines

Disease State Description:

TeleMed2U Endocrinology providers specialize in the diagnosis and treatment of diseases related to human hormonal system - endocrine glands and tissues that secrete hormones.

- ✓ *Adult patient defined as - 18 years or older*

Example of disease states include:

- Adrenal insufficiency
- Adrenal hormone excess
- Diabetes mellitus
- Glucose homeostasis disorders
- Thyroid disorders
- Calcium homeostasis disorders and Metabolic bone disease
- Pituitary gland disorders
- Polycystic ovarian syndrome

Exclusion Criteria:

- Initiation of Hormone Replacement Therapy
- Disorders of Growth Development
- Menopause Hormonal Issue
- Testosterone (New Patient)

Documents Needed for Consultation:

- Referring physicians last progress note which includes recent history & physical examination
- Prior endocrinology medical records if seen by a past Endocrinologist
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Surgical pathology reports
- Fine Need Aspiration (FNA) Reports
- Any other documentation primary care physician determines are pertinent to evaluation
- For Diabetes mellitus patients: Blood glucose diary/log; Recent HbA1c; Comprehensive metabolic panel and assessment of serum lipids, urine microalbumin creatinine

Consultation Time Requirements:

- Initial Consultation: 40 mins
- Follow-up Consultation: 20 mins

ENT Referral Guidelines

Disease State Description:

TeleMed2U OTOLARYNGOLOGY specializes in the diagnosis and treatment of diseases and disorders related to the ear, nose, throat (ENT) and related structures of the head and neck, including the sinuses, larynx (voice box), oral cavity and upper pharynx (mouth and throat).

- ✓ *Adult patient defined as – 18 years or Older*

Example of disease states include:

- Sinusitis
- Nasal obstruction
- Tonsillitis
- Sleep apnea
- Voice change
- Neck masses / cancer
- Ear infections
- Hearing loss
- Vertigo (not general dizziness)
- Thyroid nodules

Exclusion Criteria

- None

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s) and hearing testing, if applicable
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 30 mins
- Follow-up Consultation: 30 mins

Gastroenterology Referral Guidelines

Disease State Description:

TeleMed2U Gastroenterology providers specialize in the diagnosis and treatment of diseases related to the human digestive system.

- ✓ *Adult patient defined as – 18 years or Older*

Example of Disease States Include:

- Esophageal Diseases
- Gastric Diseases
- Biliary Diseases
- Pancreatic Diseases
- Iron Deficiency Anemia
- Rectal Diseases
- Small Intestine
- Large Intestine

Exclusion Criteria:

- None

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 30 mins
- Follow-up Consultation: 15 mins

General Surgery Referral Guidelines

Disease State Description:

TeleMed2U general surgeons specialize in diseases involving esophagus, stomach, small bowel, colon, liver, pancreas, gallbladder and bile ducts, and the thyroid gland skin, breast, soft tissue, and hernias. Our specialists can consult on specific diseases such as:

- ✓ *Adult patient defined as – 18 years or Older*

Example of disease states include:

- Adrenal Masses
- Anorectal disease
- Bariatric surgery
- Breast Disease
- Diseases of the colon
- Disorders of the biliary tree & liver
- Disorders of the stomach and duodenum
- Hernia
- Skin
- Thyroid Masses
- Venous

Exclusion Criteria:

- None

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 40 mins
- Follow-up Consultation: 20 mins
- e-Consult

Hepatology Referral Guidelines

Disease State Description:

TeleMed2U Hepatology providers specialize in the diagnosis and treatment of diseases related to the human digestive system.

- ✓ *Adult patient defined as – 18 years or Older*

Example of Disease States Include:

- Nonalcoholic Fatty Liver Disease
- Nonalcoholic Steatohepatitis
- Alcoholic Liver
- Advanced Cirrhosis
- Hepatic Diseases
- Hepatitis
- Primary Biliary Cholangitis
- Primary Sclerosing Cholangitis

Exclusion Criteria:

- None

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 40 mins
- Follow-up Consultation: 20 mins

Infectious Diseases Referral Guidelines

Disease State Description:

Infectious Diseases involves the evaluation of patients with bacterial, viral or fungal infections.

- ✓ *Adults (18 years of age and older)*

Example of disease states include:

- AIDS/ HIV
- Coccidioides immitis
- Hepatitis A, B, C
- Pneumonia
- Infective Endocarditis
- Osteomyelitis
- STDs

Exclusion Criteria:

- Lyme Disease
- Delusions of Parasitosis, Delusional Disorders
- Mold Exposure
- Osteomyelitis

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation
-

Consultation Time Requirements:

- Initial Consultation: 30 mins
- Follow-up Consultation: 15 mins

Nephrology Referral Guidelines

Disease State Description:

TeleMed2U Nephrology providers specialize in the diagnosis and treatment of kidney disorders.

- ✓ *Adult patient defined as – 18 years or older*

Example of disease states include:

- Chronic kidney disease
- Acute kidney injury
- Glomerulonephritis
- IgA nephropathy
- Diabetic nephropathy
- Lupus nephritis
- Autosomal dominant polycystic kidney disease
- Membranoproliferative glomerulonephritis
- Reflux nephropathy
- Membranous glomerulonephritis

Exclusion Criteria:

- Renal masses and kidney stones

Documents Needed for Consultation:

- Referring physicians last progress note which includes recent history & physical examination
- Prior nephrology medical records if seen by a past Nephrologist
- Current medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Surgical pathology reports
- Any other documentation primary care physician determines are pertinent to evaluation
- For Diabetes mellitus patients: Blood glucose diary/log; Recent HbA1c; Comprehensive metabolic panel and assessment of serum lipids, urine microalbumin creatinine

Consultation Time Requirements:

- Initial Consultation: 40 mins
- Follow-up Consultation: 20 mins

Neurology Referral Guidelines

Disease State Description:

TeleMed2U Neurology Providers specialize in the diagnosis and treatment of diseases involving the central and peripheral nervous system.

- ✓ *Adult patient defined as – 18 years or older*

Example of disease states include:

- Acute and chronic headaches
- Alzheimer's/memory loss
- Back pain
- Carpal tunnel and other entrapment syndromes
- Cerebral vascular accidents (CVA or Stroke) Not acute stroke management
- Confusion
- Difficulty sleeping
- Dizziness
- Jerking
- Lightheaded
- Loss of consciousness
- Migraine disease
- Movement disorders
- Multiple sclerosis
- Neck pain
- Neuropathy (Hand and feet numbness)
- Numbness and Tingling
- Parkinson's disease
- Peripheral Neuropathies
- Progressive loss of Neurological function
- Seizures disorders
- Transient ischemic attack (TIA) Not acute management
- Tremors

Exclusion Criteria:

- Other conditions not listed here please contact TeleMed2U first.

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- If applicable MRI / Head CT image and report
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 40 mins
- Follow-up Consultation: 20 mins

Nutrition Referral Guidelines

Disease State Description:

TeleMed2U Registered Dietitians specializes in promoting good dietary health and treating medical conditions by devising medical nutrition therapy plans for patients based on the science of nutrition.

- ✓ *All Ages*

Example of disease states include:

- Diabetes
- Pre-Diabetes
- Obesity
- Underweight
- Bariatric (pre- and post-operative)
- Food allergies/intolerances
- EPI (Exocrine Pancreatic Insufficiency)
- Liver disease
- GI diseases
- Heart related conditions
- Eating disorders
- Specialty tube feeding
- Titration for tube feeding.
- Parenteral nutrition
- Tube Feedings
- Feeding issues for disabled children or other specialty feeding with children other than noted above.
- PCOS

Exclusion Criteria:

- Neonatal Care
- Eating Disorders
- GFR < 30

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description.
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation.

Consultation Time Requirements:

- Initial Consultation: 60 mins
- Follow-up Consultation: 30 mins

Physical Therapy Referral Guidelines

Disease State Description:

TeleMed2U Physical Therapists specialize in treating a wide range of conditions related to movement, function, and rehabilitation.

- ✓ *Pediatric (5-18 years of age) *Musculoskeletal only. No Neurological Conditions*
- ✓ *Adults (18 years of age and above)*

Example of disease states include:

- Achilles Tendinitis
- Carpal Tunnel Syndrome
- Frozen Shoulder
- Golfers Elbow
- Herniated Disc
- Lumbar and Cervical Strains/Sprains
- Meniscal Tears
- Osteoarthritis
- Patellofemoral Pain Syndrome
- Plantar Fasciitis
- Rheumatoid Arthritis
- Rotator Cuff Injuries
- Scoliosis
- Sprains and Strains
- Tennis Elbow

Exclusion Criteria:

- None

Documents Needed for Consultation

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 60 mins
- Follow-up Consultation: 30 mins/ 60 mins

Psychiatry Referral Guidelines

Disease State Description:

TeleMed2U Psychiatry providers specialize in the diagnosis and treatment of diseases related to mental disorders.

- ✓ *Pediatric, Adolescent and Adult Patients defined as – 4 years or Older.*

Example of disease states include:

- Depression including MDD and persistent depressive disorder
 - Bipolar disorder 1
 - Bipolar disorder 2
- All personality disorders including but not limited to:
 - Narcissistic PD
 - Antisocial PD
- Anxiety disorders: generalized anxiety disorder – Panic disorder
- Psychotic disorders including schizophrenia
- PTSD

Exclusion Criteria:

- No referrals for patients with severe psychiatric conditions, mild to moderate patients.
- No referrals for patients with substance abuse.
- Provider will not prescribe any benzodiazepines.
- Provider can prescribe controlled substances (schedule II) drugs.
- Provider recommends that patients with eating disorders are not treated via telemedicine.

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description.
- Any documentation primary care physician determines are pertinent to evaluation.

Consultation Time Requirements:

- Initial Consultation: 60 mins
- Follow-up Consultation: 15-30 mins

Psychology & Therapy Referral Guidelines

Disease State Description:

TeleMed2U Psychology and Therapy providers specialize in the study of mental processes and behavior.

- ✓ *Adolescent and Adult patients – age 13 & up*

Example of disease states include:

- Depression including MDD and persistent depressive disorder
- Bipolar disorder 1
- Bipolar disorder 2
- All personality disorders including but not limited to:
 - Narcissistic personality disorder
 - Antisocial personality disorder
- Anxiety disorders
 - Generalized anxiety disorder
 - Panic disorder
- Psychotic disorders such as:
 - Schizophrenia
- Post-Traumatic Stress Disorder (PTSD)

Exclusion Criteria:

- No referrals for patients with severe psychological conditions, mild to moderate patients.
- No referrals for patients with substance abuse.
- Provider recommends that patients with eating disorders are not treated via telemedicine.

Documents Needed for Consultation:

- Reason for referral/appointment request
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 60 mins
- Follow-up Consultation: 60 mins

Pulmonology Referral Guidelines

Disease State Description:

TeleMed2U Pulmonary Medicine providers specialize in the diagnosis and treatment of diseases related to the human respiratory system.

- ✓ *Adult patient defined as – 18 years or Older*

Example of Disease States Include:

- Chronic Obstructive Pulmonary Disease
- Reactive Airway Disease
- Pulmonary Hypertension
- Cystic Fibrosis
- Sleep Medicine
- Lung Cancer
- Restrictive Lung Disease

Exclusion Criteria:

- None

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Pertinent Pulmonary Function test
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 40 mins
- Follow-up Consultation: 20 mins

Rheumatology Referral Guidelines

Disease State Description:

TeleMed2U Rheumatology providers specialize in the diagnosis and treatment of rheumatic symptoms or a previous diagnosis of rheumatic disease.

- ✓ *Adult patient defined as – 18 years or Older*

Example of disease states include:

- Rheumatoid Arthritis
- Connective tissue disease
- Spondyloarthropathies
- Patient on disease modifying anti-rheumatic drugs
- Osteoarthritis/Psoriatic Arthritis
- Soft tissue pain syndromes
- Lupus (Systemic Lupus Erythematosus)
- Ankylosing spondylitis
- Antiphospholipid syndrome
- Autoinflammatory diseases
- Bursitis
- Sarcoidosis
- Lyme disease
- Osteoarthritis
- Polymyalgia rheumatica
- Gout and pseudogout (also called calcium pyrophosphate deposition/cppd)
- Behcet's disease
- Giant cell arteritis
- Osteoporosis
- Palindromic rheumatism
- Polyarteritis nodosum
- Polymyalgia rheumatica (PMR)
- Polymyositis or dermatomyositis
- Psoriatic arthritis

Exclusion Criteria:

- POTS (Postural orthostatic tachycardia syndrome)
- Ehlers Danlos Syndrome
- Hypermobility
- Chronic Pain

Rheumatology Referral Guidelines (Continued)

Documents Needed for Consultation:

- Recent history & physical examination
- Pertinent radiological report(s), if applicable
- Current Medication list
- Any documentation primary care physician determines are pertinent to evaluation
- Laboratory data related to the disease state description

Consultation Time Requirements:

- Initial Consultation: 40 mins
- Follow-up Consultation: 20 mins

Urology Referral Guidelines

Disease State Description:

TeleMed2U Urology providers specialize in the diagnosis and treating conditions related to the urinary track and the male reproductive systems.

- ✓ *Adult patient defined as – 18 years or Older*

Example of disease states include:

- Benign Prostatic Hyperplasia
- Blatter Disorders
- Kidney Disorders
- Bladder Cancer
- Kidney Shones
- Prostate Cancer
- Urine Incontinence
- Urinary Tract Infections (UTI)

Exclusion Criteria:

- None

Documents Needed for Consultation:

- Recent history & physical examination
- Current Medication list
- If applicable MRI / Head CT image and report
- Laboratory data related to the disease state description
- Pertinent radiological report(s), if applicable
- Any documentation primary care physician determines are pertinent to evaluation

Consultation Time Requirements:

- Initial Consultation: 30 mins