

Guidelines for Weight Management Referrals

Please review the following information closely before submitting your referral to ensure appropriateness of referral to adolescent medicine, and completeness of referral information. **Failure to adhere with the guidance below may result in patient care delays.**

To qualify for the **Teens Working on Wellness Program** ([Teen WOW | Texas Children's Hospital](#)) all of the following must be true:

- Age 12-18y
- BMI > 99th percentile for age
- Presence of an obesity-related comorbidity

If all of the above statements are not true, the patient should be referred to adolescent medicine for **general weight management** care.

The availability of dietitian visits is not guaranteed for general weight management patients. Referral to a community dietitian is recommended if available.

If recently performed, it is suggested that you include the following clinical documentations and studies with your referral:

- Weight and BMI growth charts (extended BMI preferable)
- Fasting insulin
- Glucose
- Lipid profile
- AST/ALT
- Hgb A1c
- Sleep study results