

BHI Referral Information

Thank you for referring your patient to BHI. Our programs/services are based on scientific principles and practices of mind body medicine and help reduce the negative impact of stress. Research shows that...

- [Mind-body interventions can reduce stress and build resiliency](#)
- [Elicitation of the relaxation response is an effective therapeutic intervention that counteracts the adverse clinical effects of stress in disorders including hypertension, anxiety, insomnia and aging](#)

We value your referral as we find that patients are more engaged in their treatment plans when supported by their providers. The steps below outline the referral process.

Step 1 – Refer your patient:

- **Partners providers:** enter a referral electronically via the Epic EMR
- **Non Partners providers:**
 - Patient Referral Form – download, complete and fax to 617-643-6077
 - Patient Referral Form Addendum (*supporting info*)

Step 2 – Schedule a consultation:

Upon receipt of your referral, our patient services coordinator will contact your patient to schedule an initial mind body consultation with one of our internal medicine physicians. At this visit, our specialist will:

- complete a medical history and physical exam
- examine the impact of stress on health
- explore use of complementary and integrative therapies, including the use of dietary supplements and other modalities (e.g. acupuncture, massage, and chiropractic care).

Step 3 – Determine treatment recommendations:

Based on the consultation, these may include, but are not limited to, participation in:

A. Group based programs:

- SMART (Stress Management and Resiliency Training) Program - for the general population with a variety of medical conditions.
- SMART Program - for specialized populations:
 - Women
 - Health and Fertility
 - Successful Aging
 - Cancer Survivors

B. Individual mind body skills building with our providers:

- NP
- PhD
- LICSW

C. Other recommendations tailored to your patient's health and medical needs

For more information on our services or referring your patients
call 617-643-6090 or, email: mindbody@partners.org