

How to Refer a Child to TAMMIRA

For Hospital Discharge Planners

This guide outlines how to refer patients (ages 10–22) to the TAMMIRA Wellness Program. There are two referral paths, depending on whether the patient already has a hospital referral.

Who Can Be Referred

- Patients ages 10–22
- Children seeking non-emergency wellness services (not for crisis or emergency situations)
- For children under 18, parent or guardian consent is generally required. However, in California, children age 13 and older may consent on their own in certain cases, including through a signed hospital telehealth consent form.

Referral Path 1: Hospital-Referred Patients (Hospital Partner)

Use this path if your hospital already partners with TAMMIRA.

Steps for Hospital Discharge Planners

1. Complete the TAMMIRA Patient Referral Form.
2. Email the completed referral form to wellness@tammira.com.
3. For children under 18, ensure that a parent or legal guardian has completed and signed the consent statement on the referral form before submission. If a valid parent or guardian consent form is already on file with the hospital, TAMMIRA may begin services immediately upon receipt of the referral.

What Happens Next

- The Care Buddy team reviews the referral form.
- The child receives a welcome email with a one-time referral code.
- The child downloads the app and completes sign-up.
- A Care Buddy contacts the child, verifies details, and schedules an orientation with a nurse.
- Services begin as soon as onboarding is completed.

Referral Path 2: Patient/Parent-Initiated Interest (Non-Partner Hospital or No Referral Code)

Use this path when a patient reaches out on their own and has not yet connected with their hospital discharge planner.

Steps for Patients

1. Download the TAMMIRA app (see QR code below)
2. Tap “Don’t have a referral code? Tap here.”
3. Fill out the form with your hospital and contact information, and tap Submit.

What Happens Next

- The Care Buddy team reviews the submission received through the app.
- If the hospital is a partner, TAMMIRA will request the hospital discharge planner to fill out a Patient Referral Form.
- If the hospital is not a partner, TAMMIRA will contact the hospital discharge planner. Referrals and onboarding will follow the standard hospital-referred process outlined in Referral Path 1.

Important Notes

- This referral process is not for crisis or emergency situations. Please follow your hospital’s existing emergency protocols when needed.
- Patient information is shared only with authorized care team members.

Questions or Support

For questions about referrals or onboarding, please contact:
wellness@tammira.com



TAMMIRA iOS



TAMMIRA Android