

Health Education, Cultural & Linguistic Services Referral for L.A. Care's Direct Line of Business Members

Referred by		Date			
Provider Information					
PPG		License #			
First Name		Last Name			
Street Address					
City		Zip Code			
Phone #/Extension		Fax #			
Email					
Member Information					
Name		DOB			
CIN #		Gender			
Race		Ethnicity			
Language Spoken		Language Written			
Street Address					
City		Zip Code			
Home phone #		Cell phone #			
Email					
Requested Services (See reverse for descriptions)					
Chronic Disease Group Appointments		Health Education Group Appointments		Nutrition / Weight Management Group Appointments	
<input type="checkbox"/>	Healthier Living (Age 18+ with chronic disease only)*	<input type="checkbox"/>	Cold or Flu? Antibiotics Won't Work for You!	<input type="checkbox"/>	My Healthy Plate (Adults & children)
<input type="checkbox"/>	Living Well With A Disability*	<input type="checkbox"/>	Stress & Anxiety Management	<input type="checkbox"/>	e.n.e.r.g.y. (Ages 6-17)*
<input type="checkbox"/>	Asthma Basics	<input type="checkbox"/>	What To Do When Your Child Gets Sick	<input type="checkbox"/>	Eat and Play in a Healthy Way* (Ages 2-5)
<input type="checkbox"/>	Love Your Heart, Lower Your Blood Pressure	<input type="checkbox"/>	Know Your Medicine!	<input type="checkbox"/>	L.A. Care Weight Watchers Program (MCLA/IHSS age 18+ only); BMI: ____
<input type="checkbox"/>	Take Action Against Cholesterol	<input type="checkbox"/>	Burn Rubber (Senior fitness)	Cultural & Linguistic Services	
<input type="checkbox"/>	Diabetes Basics – Sugar in the Blood			<input type="checkbox"/>	Services for People with Disabilities
<input type="checkbox"/>	COPD			<input type="checkbox"/>	Ethnic Group Resources
<input type="checkbox"/>	Medical Nutrition Therapy (Members must meet MNT criteria/diagnosis. Provider must submit an MNT Referral Form please visit our website: http://www.lacare.org/providers/resources/healtheducation).			<input type="checkbox"/>	Services for Seniors
*Denotes multiple-week series; see reverse for details					
Provider Special Instructions/Comments					
FOR HECLS STAFF ONLY					
Line of Business:	MCLA / Healthy Families / Healthy Kids / IHSS / Medicare Advantage (HMO SNP)				
Date of Service					
Service Provided					
Could not be reached	<input type="checkbox"/> Attempt #1:	<input type="checkbox"/> Attempt #2:	<input type="checkbox"/> Letter Sent		
Comments					

Please fax the completed form to (213) 438-5042

Group Appointment and Program Descriptions

L.A. Care Health Plan makes available health education and cultural linguistic services to direct line of business members (MCLA, L.A. Care Healthy Kids, L.A. Care Healthy Families, IHSS, & L.A. Care Medicare Advantage HMO SNP). Health Education services are offered as individual counseling and/or group appointments. They are available at no cost to direct line of business members. If a health education class is not available, the member will receive a telephonic consultation with one of L.A. Care's health educators. Interpretation services (including ASL) are available for all group appointments.

Health Education Services

Chronic Disease

- **Asthma Basics:** (1 session) Educates children and parents on risk factors, asthma attack prevention, medication adherence, and the use of peak flow meters and spacers.
- **Healthier Living:** (6 session series) Teaches skills to help manage patient's chronic disease. Instruction includes nutrition, goal setting, and how to better communicate with providers and family members.
- **Love Your Heart, Lower Your Blood Pressure:** (1 session) Teaches skills to prevent and manage high blood pressure. Instruction includes nutrition and exercise information.
- **Take Action Against Cholesterol:** (1 session) Teaches skills to prevent and manage high cholesterol. Instruction includes nutrition and exercise education.
- **Diabetes Basics – Sugar in the Blood:** (1 session) Teaches basic diabetes in easy-to-understand terms, risk factors for diabetes, symptoms of diabetes, the importance of knowing blood sugar numbers, and ways to prevent or control diabetes.
- **COPD- Chronic Obstructive Pulmonary Disease:** (1 session) Teaches adults basic COPD information in easy-to-understand terms, common symptoms, and ways to slow the progression of COPD.

Health Education

- **Cold or Flu? Antibiotics Won't Work for You!:** (1 session) Teaches participants the difference between a virus and bacteria, what antibiotics are used for and how to take them, awareness of the risk of antibiotic resistance, and ways to help relieve cold and flu symptoms without the use of antibiotics.
- **Living Well With A Disability:** (8 session series) A peer support workshop for anyone with a health challenge or disability to build skills, and maintain a life of healthy independent living.
- **Stress & Anxiety Management:** (1 session) Teaches what stress and anxiety is, its effect on health, signs/symptoms, and ways to manage stress and anxiety.
- **What To Do When Your Child Gets Sick:** (1 session) Introduces the book, "What To Do When Your Child Gets Sick" to parents with children 0-12 years old. Instruction includes how to use the book at home to care for a sick child and how to protect a child from accidents and injury. The class also discusses how to get the right medical care for a child.
- **Know Your Medicine:** (1 session) Teaches adults the different types of drugs and what makes them different, the difference between generic and brand-name drugs, ways to take medications safely and how to get the most of your personal pharmacist.
- **Burn Rubber:** (1 session) An exercise program where participants will "burn" calories with the use of a "rubber" resistance band. Popular resistance band exercises have been modified to perform in a chair to meet the needs of the senior population. Eight different exercises are covered for a total body workout.

Nutrition / Weight Management

- **My Healthy Plate:** (1 session) Introduces "My Healthy Plate" to the entire family. Teaches how to build a healthy plate by balancing portion size and including all basic food groups.
- **e.n.e.r.g.y. (Eating Nutritiously, Exercising Regularly & Growing "Y"-isely):** (8 sessions) An 8-week weight management program for children 6 to 17 years old and their families. Teaches healthy nutrition, importance of physical activity, and components of behavior modification.
- **Eat and Play in a Healthy Way:** (2 sessions) Teaches parents and caregivers of children ages 2-5 how developmental stages are linked to common mealtime behaviors, the "parent provides, child decides" principle for healthy nutrition and the importance of physical activity at a young age.
- **L.A. Care Weight Watchers Program:** Adult (18+ years) L.A. Care Medi-Cal (MCLA) and IHSS members may participate in a limited number of Watchers[®] weekly meetings at no cost to the member. **(Weight Watchers may have restrictions and not all members will qualify.)**

Cultural & Linguistic Services

- **Services for People with Disabilities:** Referrals to agencies that offer assistance for people living with disabilities (hearing, vision, and physical impairment).
- **Ethnic Group Resources:** Referral to community-based organizations working with specific ethnic groups.
- **Services for Seniors:** Referral to culturally and linguistically appropriate senior centers and programs.

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