

# Health Education Referral for MCLA, PASC-SEIU, LACC and CMC Members

Referred by: \_\_\_\_\_

Date: \_\_\_\_\_

## Provider Information

Provider Name: \_\_\_\_\_

License Number: \_\_\_\_\_

Phone Number Extension: \_\_\_\_\_

Fax Number: \_\_\_\_\_

## Member Information

Name: \_\_\_\_\_

Language Spoken: \_\_\_\_\_

CIN Number: \_\_\_\_\_

Language Written: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Special Needs:     Vision     Hearing     Cognitive     Physical     Other: \_\_\_\_\_

## Services are provided by phone or in-person – please limit to 3 topics

Weight Management/Nutrition-Related Topics <i>(MD, PA, PA-C, FNP, NP, DO signature required except for Diabetes)</i>	Wellness and Health Education Topics
<input type="checkbox"/> Diabetes: Type 1 <input type="checkbox"/> Type 2 <input type="checkbox"/> Gestational <input type="checkbox"/> <input type="checkbox"/> Gastrointestinal Disorders <input type="checkbox"/> Hypertension <input type="checkbox"/> High Cholesterol <input type="checkbox"/> Hyperlipidemia <input type="checkbox"/> Kidney Disease <input type="checkbox"/> Prediabetes (A1C between 5.7-6.4%) <input type="checkbox"/> Weight: Pediatric Underweight (BMI less than 5th%) <input type="checkbox"/> Weight: Pediatric Overweight (BMI 85th - 95th%) <input type="checkbox"/> Weight: Pediatric Obesity (BMI greater than 95th%) <input type="checkbox"/> Weight: Adult Underweight (BMI <18.5) <input type="checkbox"/> Weight: Adult Overweight (BMI 25-29.9) <input type="checkbox"/> Weight: Adult Obesity (BMI 30+) <input type="checkbox"/> Other <i>(please specify in instructions/comments below)</i>	<input type="checkbox"/> Arthritis <input type="checkbox"/> Asthma <input type="checkbox"/> Chronic Disease Self-Management Program <input type="checkbox"/> Cold and Flu Prevention <input type="checkbox"/> COPD <input type="checkbox"/> Cultural Resources <input type="checkbox"/> Living Well With a Disability <input type="checkbox"/> Health Care Navigation <input type="checkbox"/> Medication Management <input type="checkbox"/> Physical Activity <input type="checkbox"/> Stress and Anxiety Management <input type="checkbox"/> Tobacco Cessation <input type="checkbox"/> Other _____

## Laboratory and Anthropometric Information:

Date taken: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ BMI: \_\_\_\_\_

A1C: \_\_\_\_\_ Other: \_\_\_\_\_

**Desired objective of treatment:** *(please specify in instructions/comments below)* \_\_\_\_\_

**Practitioner Signature:** \_\_\_\_\_

**Instructions/Comments:** \_\_\_\_\_

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## Weight Management/Nutrition-Related Topics – Diagnosis from referring health care provider

- ▶ Diabetes – Type 1, Type 2, or Gestational
- ▶ Gastrointestinal disorders
- ▶ Heart Health – Hypertension, Hypercholesterolemia, Hyperlipidemia
- ▶ Kidney disease
- ▶ Prediabetes
- ▶ Weight: Pediatric underweight
- ▶ Weight: Pediatric overweight
- ▶ Weight: Pediatric obesity
- ▶ Weight: Adult underweight
- ▶ Weight: Adult overweight
- ▶ Weight: Adult obesity
- ▶ Other

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## Wellness and Health Education Topics

- ▶ **Arthritis:** Discusses what arthritis is and how to effectively manage symptoms of arthritis.
- ▶ **Asthma:** Addresses risk factors, asthma trigger avoidance, medication adherence, and the use of peak flow meters and spacers.
- ▶ **Chronic Disease Self-Management Program: *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.
- ▶ **Cold and Flu Prevention:** 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.
- ▶ **COPD:** Teaches adults basic COPD information in easy-to-understand terms, common symptoms, and ways to slow the progression of COPD.
- ▶ **Cultural Resources:** Provides referral to community-based organizations working with specific ethnic groups.
- ▶ **Living Well With a Disability:** 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.
- ▶ **Health Care Navigation:** Teaches participants how to navigate the health care system, including basic managed care definitions and concepts such as how to access the right medical care and how to communicate with their managed care plan and provider, and resources available.
- ▶ **Medication Management:** 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; can provide pill case if appropriate.
- ▶ **Physical Activity:** Discusses ways to incorporate safe and appropriate physical activity into everyday life; can provide with resistance band and exercises if appropriate.
- ▶ **Stress and Anxiety Management:** Teaches what stress and anxiety is, its effect on health, signs/symptoms, and ways to manage stress and anxiety.
- ▶ **Tobacco Cessation:** Adults who are thinking about quitting smoking for the first time or have tried to quit smoking in the past will learn about why people smoke, different ways to quit smoking, and how to overcome barriers and smoking triggers.

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Fax completed referral form to **213.438.5042**

