



Health Education Referral Form

Complete this form for all member referrals for Health Education materials and Preventative Health Programs.

Send completed referral form to: MCSelectQuality@memorialcare.org
Attention: Health Education

Date: _____ Referred by: _____
 Referred by Phone Number: _____

Member Information

First Name: _____ Last Name: _____ Member Number: _____
 Address: _____ Phone Number: _____
 City: _____ State: __ Zip: _____ Special Needs: Vision Hearing Cognitive
 Physical Other: _____
 Date of Birth: _____ Preferred Spoken Language: ***If referral is for child, state preferred spoken language of parent.**
 Eng. Span. Viet. Other: _____

Provider Information

Provider Name: _____ Office Phone Number: _____
 Provider Office: _____ Fax Number: _____

Service Request

Send Materials Refer to Case Management Refer to Health Education

Wellness and Health Education Topics	Self-Management/1:1 Education
<input type="checkbox"/> Adolescent Health <input type="checkbox"/> Anxiety <input type="checkbox"/> Colorectal Cancer <input type="checkbox"/> Emergency Room Use <input type="checkbox"/> Healthy Aging <input type="checkbox"/> Immunization/Vaccinations <input type="checkbox"/> Other* _____	<input type="checkbox"/> Injury Prevention <input type="checkbox"/> Living Healthy/ Preventative <input type="checkbox"/> Nutrition <input type="checkbox"/> Obesity/ Weight Management <input type="checkbox"/> Parenting <input type="checkbox"/> Stress and Anxiety Management
<input type="checkbox"/> Alcohol Abuse <input type="checkbox"/> Asthma <input type="checkbox"/> Chronic Pain <input type="checkbox"/> Diabetes <input type="checkbox"/> Healthy Eating/ Healthy Weight <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Managing Stress and Depression <input type="checkbox"/> Physical Activity <input type="checkbox"/> Smoking and Tobacco Cessation	
<p>*For additional topics visit our website at www.MCSHP.org under Health Education. Topics are also available to download.</p> <p>Additional Comments: _____</p>	

MemorialCare Select Health Plan Use Only

Member LOB: Commercial Covered California Exchange Medi-Cal Medicare
 Member's PCP Name: Alignment Anthem Blue Cross Blue Shield
 Health Net LA Care MemorialCare Select Health Plan

Referring Source

PCP Case Management Member Services Other: _____

Health Promotion Use Only

Sent Materials Provide 1:1 Education Send "no contact" Letter
 Enroll in Class Refer to Primary Plan Other: _____
 Refer to Website Refer to Community Agency _____

Comments: _____

Health Education Contact:	Follow-up Calls 1 st : _____ 2 nd : _____ 3 rd : _____	Date Closed:	Initials:
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Wellness and Health Education Topics

- Age Specific Anticipatory Guidelines
- Alcohol Abuse
- Drug Abuse
- Anxiety
- Asthma
- Breastfeeding
- Colorectal Cancer
- Complementary and Alternative Medicine
- Diabetes
- Emergency Room Use
- Family Planning
- Handwashing and Hand Sanitizer
- Healthy Aging
- HIV/STD Prevention
- Hypertension
- Immunization
- Injury Prevention
- Lead Poisoning Prevention
- Nutrition
- Obesity/Weight Management
- Parenting
- Perinatal/Pregnancy
- Physical Activity
- Preventive Health
- Sexual Health & Youth
- Stress Management
- Tobacco Prevention & Cessation
- Violence Prevention

Self-Management / 1:1 Education

- ❖ **Alcohol Abuse:** Teaches principles, if practiced as a way of life, that can expel the need to drink and enable ways to become happily and usefully whole.
- ❖ **Asthma:** Addresses risk factors, asthma trigger avoidance, medication adherence, and the use of peak flow meters and spacers.
- ❖ **Chronic Pain:** Teaches skills to help manage patient's chronic pain.
- ❖ **Diabetes:** Help patients monitor and maintain their blood sugar within a normal range to lower their risk for a heart attack or stroke.
- ❖ **Healthy Eating/ Healthy Weight:** Focus on tools to help make long lasting changes in your eating habits for adults and children.
- ❖ **High Blood Pressure:** Empowers people to learn about, monitor and manage blood pressure through a combination of resources.
- ❖ **Managing Stress and Depression:** Teaches what stress and anxiety is, its effect on health, signs/symptoms, and ways to manage stress and anxiety.
- ❖ **Physical Activity:** Focus on tools and resources to help adults and children find time for physical activity to stay healthy.
- ❖ **Smoking and 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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