



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

Health Education Referral for L.A. Care's Direct Line of Business Members

Referred by		Date	
Provider Information			
Provider Name		License #	
Phone #/Extension		Fax #	
Member Information			
Name		DOB	
CIN #		Medical Group/IPA	
Race		Ethnicity	
Language Spoken		Language Written	
Home phone #		Cell phone #	
Special Needs	<input type="checkbox"/> Vision <input type="checkbox"/> Hearing <input type="checkbox"/> Cognitive <input type="checkbox"/> Physical <input type="checkbox"/> Other: _____		
Requested Services			
<i>(Services may be provided via telephonic counseling or group appointment; see reverse for descriptions)</i>			
Chronic Conditions		Wellness and Health Education	
<input type="checkbox"/>	Arthritis	<input type="checkbox"/>	Cold or Flu? Antibiotics Won't Work for You!
<input type="checkbox"/>	Asthma	<input type="checkbox"/>	Fitness for older adults
<input type="checkbox"/>	Chronic Condition Support	<input type="checkbox"/>	Medication management
<input type="checkbox"/>	COPD	<input type="checkbox"/>	Pre-Diabetes
<input type="checkbox"/>	Diabetes Self-Management Education and Support (4 session series)	<input type="checkbox"/>	Stress and anxiety management
<input type="checkbox"/>	Diabetes – Nutrition consultation only	<input type="checkbox"/>	What To Do When Your Child Gets Sick
<input type="checkbox"/>	Disability Support	<input type="checkbox"/>	Smoking Cessation
<input type="checkbox"/>	Hypertension / Hyperlipidemias		
<input type="checkbox"/>		Medical Nutrition Therapy (MNT) Members must meet MNT criteria. (please complete all sections with a * below and attach pertinent lab findings and medications)	
MNT only	* Diagnosis: <input type="checkbox"/> Diabetes, uncontrolled (HgA1c >8): <input type="checkbox"/> Type 1 <input type="checkbox"/> Type 2 <input type="checkbox"/> Pre-ESRD (GFR 13-50 ml/min/1.73m ²) <input type="checkbox"/> Pediatric (age 2-18) obesity (BMI > 95 th percentile for age) <input type="checkbox"/> Pediatric (age 2-18) underweight (BMI < 5 th percentile for age) <input type="checkbox"/> Adult (age 18+) obesity (BMI > 35) <input type="checkbox"/> Adult (age 18+) underweight (BMI < 18 or < 23 in adults over age 65) <input type="checkbox"/> Other dx or co-morbidities: _____		Date Taken: _____
MNT only	* Desired objective of treatment:		Ht: _____
MNT only	* Cleared to exercise without restrictions? <input type="checkbox"/> Yes <input type="checkbox"/> No, specify		Wt: _____
MNT only	* Provider signature:		BMI: _____
			A1C: _____
			Other pertinent information:
SPECIAL INSTRUCTIONS/COMMENTS:			

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NOTE: This communication is intended for the use of the individual or entity to which it is addressed and may contain information that is privileged, confidential or otherwise exempt from disclosure under applicable law. If you are not the intended recipient, or the employee or agent responsible for delivering this communication to the intended recipient, you are hereby notified that any dissemination, distribution or copying of this communication is strictly prohibited. If you have received this communication in error, please notify the sender and delete any copies. L.A. Care Health Plan, 1055 W. 7th Street, 10th Floor, Los Angeles, CA 90017, Tel: (213) 694-1250
Revised 7/16

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, PASC-SEIU Homecare Workers, & 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 group appointment 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 Conditions

- **Arthritis:** *Arthritis* (1 session) Educates adults on what arthritis is and how to effectively manage symptoms of arthritis.
- **Asthma:** *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.
- **Chronic Condition Support:** *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.
- **COPD:** *Living with COPD* (1 session) Teaches adults basic COPD information in easy-to-understand terms, common symptoms, and ways to slow the progression of COPD.
- **Diabetes:** *Diabetes Self-Management Education and Support* (4 sessions) Teaches diabetes self-management in easy-to-understand terms, including symptoms of diabetes, the importance of knowing blood sugar numbers, and ways to manage diabetes.
- **Disability Support:** *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.
- **Hypertension/Hyperlipidemia:** *Love Your Heart* (1 session) Teaches skills to prevent and manage high blood pressure and high cholesterol. Instruction includes nutrition and exercise information.

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.
- **Fitness for older adults:** *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. **Medication Management:** *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.
- **Pre-Diabetes:** *Little Sugar in the Blood* (1 session) For members diagnosed with pre-diabetes (previously called borderline diabetes) or at risk of developing diabetes. Teaches the risk factors that contribute to developing diabetes and how to slow the progression to Type 2 diabetes through good nutrition and physical activity.
- **Stress & Anxiety Management:** *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.

Nutrition / Weight Management

- **Nutrition and physical activity for ages 2-5:** *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.
- **Nutrition for families:** *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.
- **Pediatric weight management:** *e.n.e.r.g.y. (Eating Nutritiously, Exercising Regularly & Growing "Y"-isely)* (8 sessions) Children 6 to 17 years old and their families. Teaches healthy nutrition, importance of physical activity, and techniques to modify behavior.
- **Weight management for ages 18+:** *L.A. Care Weight Watchers Program* Adult 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.)

Medical Nutrition Therapy (MNT)

- **MNT:** Services provided under the supervision of a Registered Dietician (RD). Referrals must include all information marked with an asterisk (*) on the referral form and include the physician's signature. If a referral is faxed, the office must retain the fax documents as part of the patient's medical record.

Cultural & Linguistic Services

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