



L.A. Care

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

Health in Motion™

Date: _____ Referred By: _____ L.A. Care Staff Provider Name of Referral Source: _____

Provider Information

Provider Name: _____ License #: _____ Phone # / Extension: _____

PCP Office/PPG: _____ Location: _____ Fax #: _____

Member Information

Member Name: _____ Language Spoken/Written: _____ / _____

Primary Phone #: _____ Date of Birth: _____ Member Identification #: _____

Special Needs: Vision Impaired Hearing Impaired Cognitive / Intellectual/ Developmental Disability Physical Disability

Was member informed of referral? YES date: _____ NO Member Height: _____ Adult BMI: _____

Reason for Referral/Comments: _____ Member Weight: _____ Pediatric BMI %ile/age: _____

SERVICES ARE PROVIDED THROUGH INDIVIDUAL TELEPHONIC, GROUP IN-PERSON OR ONLINE EDUCATION

MULTI-SESSION HEALTH EDUCATION PROGRAMS

- Chronic Disease Self-Management – “Healthier Living”** - 6 session series to teach skills to self-manage chronic conditions.
- Diabetes Self-Management Education & Support Program**- ADA Recognized program – 4 telephonic or in-person sessions on diabetes self-care.
- Diabetes Prevention Program** - CDC Certified program - 1 year (6 months of weekly workshops plus 6 months of monthly meetings) to help participants prevent or delay the onset of type 2 diabetes by promoting weight loss and behavior changes.
- Living Well with a Disability** - 8 session peer support workshops to build skills and to maintain a healthy independent way of living.
- Pediatric Nutrition and Healthy Lifestyle (ages 2 - 18)** – 2 to 6 sessions to teach how developmental stages and parenting styles are linked to eating behaviors, the principles of healthy eating and how to promote a balanced relationship with food, body and physical activity.
- Weight Management (ages 18+)** – Self-paced online program and access to a health coach to help participants reach a healthier weight.

SINGLE-SESSION HEALTH AND NUTRITION EDUCATION

- Arthritis** – Self-care tips to improve the quality of life of people living with arthritis.
- Asthma Education & Support Program** – Risk factors for asthma, triggers, medication adherence, and the use of peak flow meters and spacers.
- COPD Education & Support Program** – Guidelines for improving physical activity levels, proper nutrition, adherence to medications, and coping skills.
- Cultural Resources** – Referrals to community-based organizations working with a variety of ethnic and cultural groups.
- Dementia** – Caregivers will learn about dementia, communication skills, and obtain resources.
- Fall Prevention** – Steps to take to prevent falls, resources and referrals.
- Healthy Eating “My Plate”** – How to plan healthy menus for the family by including all basic food groups and balancing portion sizes.
- Lifestyle for a Healthy Weight “My Healthy Plate”** – How to build a healthy plate to reach or maintain a healthier weight.
- Lifestyle for a Healthy Heart “Love Your Heart”** – The basics of physical activity and nutrition for a healthy heart.
- Lifestyle for Diabetes Prevention “Little Sugar in the Blood”** –Lifestyle advice to help prevent or delay the onset of Type 2 diabetes.
- My Healthy Bones** – How to keep bones strong through healthy eating and physical activity.
- Physical Activity “Burn Rubber”**– The role of physical activity in health and tips to increase physical activity.
- Pregnancy, Breastfeeding & Postpartum Self-Care – “What To Do When You Are Having A Baby”** Self-care during pregnancy and after delivery.
- Stress Management** - Signs and symptoms of stress, effects on health, and ways to manage stressors.
- Tobacco Cessation** - Ways to quit smoking, overcome triggers and barriers, and resources for additional support.
- What to do When Your Child Gets Sick** – Tips on caring for a sick child, from understanding temperatures to when to call the doctor.
- Women’s Health** – Guidelines for staying healthy tailored to the stage of life of each woman.

ONLINE EDUCATION AND TOOLS

- My Health in Motion™**- Online wellness platform, access to a wellness assessment with a personalized health risk report, over 20 learning modules, online health coaching, ability to message a Health Coach, capability to connect to health devices, and a health library. Member will be contacted over the telephone to guide them through the registering process.

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** Ref 2020/2/14

PLEASE FAX COMPLETED REFERRAL FORM TO 213.438.5042 | FOR QUESTIONS CALL 855.856.6943