



Health Education and Disease Management Programs

Health Programs Referral Form



Background:

The Alliance offers innovative programs to help members achieve healthier outcomes. These programs are managed by experienced health education professionals. The Alliance Health Programs team will assist members with techniques to stay healthy, provide referrals to community education, and offer support.

Programs Available:

- **Diabetes Prevention Program** – Teaches skills to help understand prediabetes diagnosis, the importance of healthy eating, physical activity and improving coping skills.
- **Healthier Living Program Workshops** – Teaches skills to help manage members' chronic disease. Sessions include nutrition, goal setting, and how to better communicate with providers and family members.
- **Healthy Breathing for Life** – Addresses risk factors, asthma trigger avoidance, medication adherence, and the use of an action asthma plan.
- **Healthy Moms and Healthy Babies** – Encourages members that are pregnant to get early prenatal care. Provides information and resources for a healthy pregnancy including labor and delivery, postpartum care, and breastfeeding support.
- **Healthy Weight for Life** – Works with the parents/guardians and their children, the program teaches healthy eating and lifestyle changes for families. This program is available for Alliance members ages 2-18 with Body Mass Index (BMI) at or above the 85th percentile.
- **Live Better with Diabetes** – Teaches skills to help understand what diabetes is, the importance of healthy eating, physical activity, and symptom management.
- **Tobacco Cessation Support** – This program is available for Alliance members that are in need of smoking cessation classes and support.
- **Wellness that Works (formerly Weight Watchers)** – Alliance Health Educators support members with participation in the Wellness that Works Program. This program is available for Alliance members 18 years of age or older with a BMI of 30 or above.

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

www.thealliance.health



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Referral Process:

**Fax the completed referral form to 831-430-5852 ATTN: Health Programs.
PLEASE DO NOT INCLUDE VISIT NOTES OR LAB RESULTS.**

*If you have questions,
please call the Alliance Health Education Line at 800-700-3874 ext. 5580
or visit www.thealliance.health*

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Form to be completed by the member's Primary Care Provider (PCP). Please note that each referral is assessed for program eligibility and program requirements.

Alliance Member Information:

Full Name: _____

Alliance ID#: _____

Date of Birth: _____

Phone Number: _____

Primary Care Provider Information:

Referring Provider Name: _____ Date: _____

Phone Number: _____ Fax Number: _____

- The member or parent/guardian has been informed of the referral and their health condition by their PCP? Yes No

(It is highly important that the PCPs informs and educates the member regarding their health condition prior to submitting a referral)



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- Do you require a status update on the referral? Yes No

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Chronic Disease Self-Management	Weight Management
<input type="checkbox"/> Healthy Breathing for Life (<i>Asthma</i>) <input type="checkbox"/> Live Better with Diabetes (<i>Diabetes</i>) <input type="checkbox"/> Diabetes Prevention (<i>Prediabetes</i>) <input type="checkbox"/> Healthier Living Program Workshop (<i>Chronic Health Conditions</i>)	<input type="checkbox"/> Wellness that Works (<i>Adult (ages 18 and older) Weight Management</i>) <input type="checkbox"/> Healthy Weight for Life (<i>Pediatric (ages 2-18) Weight Management</i>) <p>Weight Management programs require member height and weight information to complete referral:</p> <p>Height (inches): _____</p> <p>Weight (lbs.): _____</p>
Perinatal and Postpartum	Smoking Cessation
<input type="checkbox"/> Healthy Moms and Healthy Babies <input type="checkbox"/> Breastfeeding Support and Breast Pump Resources	<input type="checkbox"/> Tobacco Cessation Support