



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:

- **Healthier Living Program Workshops** – Teaches skills to help manage chronic diseases. Sessions include nutrition, goal setting and how to better communicate with providers and family members.
- **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 Workshops** – Works with the parents/guardians of pediatric members to learn healthy eating and lifestyle changes for the family. This program is available for Alliance members ages 2-18.
- **Live Better with Diabetes Workshops** – Teaches skills to help understand what diabetes is, the importance of healthy eating, physical activity and symptom management. Members with prediabetes and diabetes diagnoses are eligible to participate.
- **Tobacco Cessation Support** – This program is available for Alliance members that are in need of smoking cessation classes and support.
- **Adult Weight Management Program** – Alliance Health Educators support members with participation in the WeightWatchers Program. This program is available for Alliance members 18 years of age or older.

****Please note that the weight management programs DO NOT provide nutritionist services. To request a consultation with a Registered Dietitian (R.D.) or nutritionist for a member, please utilize the Alliance Medical Nutrition Therapy (MNT) services. For information on MNT, please contact the Alliance Pharmacy department at 831-430-5507.***

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

www.thealliance.health



Health Education and Disease Management Programs

Health Programs Referral Form



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*

***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)*

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

www.thealliance.health



Health Education and Disease Management Programs

Health Programs Referral Form



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

Alliance Health Education and Disease Management Programs	
Chronic Disease Self-Management	Weight Management
<input type="checkbox"/> Live Better with Diabetes Workshops <i>(Diabetes or prediabetes)</i>	<input type="checkbox"/> Adult Weight Management <i>(Adult [ages 18 and older] Weight Management)</i>
<input type="checkbox"/> Healthier Living Program Workshop <i>(Chronic Health Conditions)</i>	<input type="checkbox"/> Healthy Weight for Life Workshops <i>(Pediatric [ages 2-18] Weight Management)</i>
	Weight Management programs require member height and weight information to complete referral:
	Height (inches): _____
	Weight (lbs.): _____
Prenatal and Postpartum	Smoking Cessation
<input type="checkbox"/> Healthy Moms and Healthy Babies	<input type="checkbox"/> Tobacco Cessation Support

****Please note that the weight management programs DO NOT provide nutritionist services. To request a consultation with a Registered Dietitian (R.D.) or nutritionist for a member, please utilize the Alliance Medical Nutrition Therapy (MNT) services. For information on MNT, please contact the Alliance Pharmacy department at 831-430-5507.**

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

www.thealliance.health