

MEMBER REQUEST FORM - ALLIANCE WELLNESS PROGRAMS & MATERIALS

Alameda Alliance for Health (Alliance) provides free health education. We want you to take charge of your health by having the best information possible. Please check off the topics that you want us to send you. You can also request the materials in formats. Many handouts can be found at www.alamedaalliance.org.



BOOKS

- Cookbook:
 - Diabetes
 - Healthy Eating
- What to do When Your Child Gets Sick



CLASSES & PROGRAM REFERRALS

- Asthma
- Alcohol and Other Substance Use
- Breastfeeding Support
- CPR/First Aid
- Diabetes
- Healthy Weight
- Heart Health
- Parenting
- Pregnancy and Childbirth
- Quit Smoking
(please have Smoker's Helpline call me)
- Senior Centers/Programs



MEDICAL ID BRACELETS OR NECKLACE

- Allergy
- Asthma
- Diabetes
- Other (list): _____



WRITTEN MATERIALS

- Advanced Directive (medical power of attorney)
- Alcohol and Other Substance Use
- Asthma:
 - Adult
 - Child
- Back Care
- Birth Control and Family Planning
- Breastfeeding
- Car Seat Safety
- Diabetes
- Domestic Violence
- Exercise:
 - General
 - Resistance Bands
- Healthy Eating
- Heart Health
- Parenting and Discipline
- Pregnancy and Childbirth
- Quit Smoking
- Safety:
 - Adult
 - Baby
 - Child
 - Senior
- Sexual Health
- Stress and Depression

Name (self): _____

Child's Name (if applicable): _____

Address: _____

Daytime Phone: _____

Provider Name (if applicable): _____

Materials are for: Adult Child Senior

Alliance ID Number: _____

Child's ID Number: _____

City: _____ Zip: _____

Language Preferred: _____

Email Address: _____

Age of Child: _____

To order, please send this form to:
Alliance Health Programs • 1240 South Loop Road, Alameda, CA 94502
 Phone Number: **510.747.4577** • Toll-Free: **1.877.932.2738**
 People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**
 Email: livehealthy@alamedaalliance.org