

MEMBER CONNECT

Spring/Summer 2020

ALAMEDA
Alliance
FOR HEALTH

we are
ALAMEDA COUNTY

Helping People in Our Community Since 1996



PROVIDER PARTNER SPOTLIGHT: ALAMEDA HEALTH SYSTEM FAMILY BIRTHING CENTER AT HIGHLAND HOSPITAL

Healthy Moms. Healthy Babies. Healthy Families. Healthy Communities.

Having a baby can be one of the most exciting times in life. Like getting a new puppy or kitten, learning to ride a bike or tie your own shoe, or finishing a marathon. It can be a time in life that sparks joy for so many. At Alameda Alliance for Health (Alliance), we are dedicated to providing the best services to help care for moms and their babies. Prenatal care (the care a woman gets before the birth of a baby) and postpartum care (the care a woman gets after the birth of a baby) can help ensure the health of the mom and baby.

Our Alliance moms and moms-to-be have access to the Alameda Health System (AHS) Family Birthing Center at Highland Hospital and their team of trained and certified support staff to have the labor, birth, and recovery that's right for you and your family.

(Continued on page 2)

www.alamedaalliance.org

Alameda, California 94502

1240 South Loop Road

Health care you can count on.
Service you can trust.

ALAMEDA
Alliance
FOR HEALTH

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Alliance for Health

PROVIDER PARTNER SPOTLIGHT: ALAMEDA HEALTH SYSTEM FAMILY BIRTHING CENTER AT HIGHLAND HOSPITAL

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The AHS Family Birthing Center works hard to help you have the healthiest pregnancy possible, and a birth experience that is right for you. They focus on what you need during labor and delivery.

At the AHS Family Birthing Center, 70% of all deliveries in the delivery center are led by midwives (9 times the national average). A care team is assigned to each mom. Care team members are from diverse ethnic, cultural, and religious backgrounds. Interpreter services are also available in 29 languages.

Your care team can include:

- Certified nurse-midwives who specialize in women-centered labor and birth.
- Board-certified OB-GYNs and pediatricians for high-risk pregnancy and neonatal care.
- Certified mother/baby registered nurses for compassionate care.
- Board-certified lactation consultants for breastfeeding support.

Additional services include:

- Obstetric Emergency Triage available 24 hours a day, 7 days a week for urgent pregnancy-related care.
- Centering Pregnancy Prenatal Care Group to help mothers meet other expecting mothers, and midwives and caregivers.
- Prenatal classes for you and your partner.
- Social workers for mothers and families who need extra support.

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STAY INFORMED ABOUT COVID-19 IN OUR COMMUNITY

For resources and updates at
your fingertips, please visit
www.alamedaalliance.org



We are here for you.

The novel coronavirus (COVID-19) has had an impact on our community worldwide. The Alliance understands your concerns and we are working hard to ensure that our members, providers, and community partners have the resources they need to stay healthy.

Alliance members can now complete a doctor's appointment from the comfort of their home by phone or video call. Members also have access to Teladoc 24 hours a day, 7 days a week, when their doctor is unavailable. In addition, medication refills can be delivered to your home.

You might even receive a call from an Alliance team member to check in with you. We want to help you stay safe, healthy and strong.

Together, we are creating a healthier community for all.



Highland Hospital is the flagship campus for AHS. Highland Hospital has served the health care needs of Alameda County since 1864. AHS is one of the largest public health systems in California. It acts as a safety net for the residents of Alameda County.

AHS Family Birthing Center Contact Information:

Highland Hospital
Acute Care Tower – Family Birthing Center
1411 E. 31st Street
Oakland, CA 94602
Phone Number: **1.510.437.4278**
www.alamedahealthsystem.org/family-birthing-center

Receive information to help you stay healthy throughout your pregnancy today.

Schedule your first prenatal visit:
AHS Family Birthing Center Appointment Line: **1.510.437.8500**

To view more resources about pregnancy and baby, please visit **www.alamedaalliance.org/live-healthy-library** and click "Pregnancy and Baby".

You can also request materials to be mailed to you using the **Alliance Wellness Programs & Materials Request Form** found on page **24**.

Everyone in Our Community Counts
Everyone in Our Community Belongs

Census 2020

Every 10 years, the U.S. counts each person living in the country on April 1, no matter who you are or where you're from. **You count!**



Your responses help our community.

The U.S. uses the Census to decide how to spend over \$675 billion per year on vital programs for food, housing, public transportation, community development, and more.

They also use the Census to assign how many seats each state gets in Congress. A complete count makes sure our state is fairly represented.

Your responses are safe.

Your responses to the 2020 Census are confidential and protected by law. Your personal information is never shared. You do not need your social security number, mother's maiden name, or bank or credit card numbers to complete the 2020 Census. If someone asks for these, report them to the police.

Get counted.

You can complete the census at the following places:



At home



At the library



At your child's school



At a senior center

Public Charge Rule

Frequently Asked Questions (FAQs)

Inadmissibility on Public Charge Grounds

What is Inadmissibility? Individuals who are not permitted by law to enter or remain in the United States.

If you have watched or listened to the news lately, you may have heard about this thing called Public Charge. So what is it – and what exactly does it mean? The Alliance team has put together a list of frequently asked questions, to help answer just that...

Q: What is public charge?

A: “Public Charge” is a term used by the U.S. Citizenship and Immigration Services (USCIS) to refer to a person who is likely to rely on government help to support their daily living expenses. Public charge is a ground of inadmissibility. Grounds of inadmissibility are reasons that a person could be denied a green card, visa, or admission into the U.S.

Q: When does the public charge rule go into effect?

A: The public charge final rule went into nationwide effect by USCIS on Monday, February 24, 2020.

Q: What are the new changes that the federal government is implementing under the final public charge rule?

A: Under the new public charge rule, the U.S. Department of Homeland Security defines public charge as someone who is “more likely than not” to receive public benefits for more than 12 months within any 36-month period.

The following benefits will now be considered:

- CalWORKs
- General Assistance (GA)
- Housing assistance, such as public housing or Section 8 vouchers and rental assistance
- Long-term care
- Medicare Part D
- Non-emergency Medicaid (Medi-Cal)
- Supplemental Nutrition Assistance Program (SNAP – CalFresh)

Public Charge Rule

Frequently Asked Questions (FAQs)

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Q: Are there any benefits that are not considered in the final public charge rule?

A: Yes, the following public benefits are excluded from the final public charge rule:

- Child Tax Credit (CTC)
- Disaster relief
- Earned Income Tax Credit (EITC)
- Foster care and adoption
- Head Start
- Medi-Cal for children and pregnant women
- School nutrition programs
- Women, Infants, and Children (WIC)

Q: Who is impacted by public charge?

A: The following people are impacted by public charge:

- Foreign nationals seeking entry or reentry into the U.S.
- Nonimmigrant visa holders (i.e. students, tourists, temporary workers) who would like to stay longer or change to a different visa.
- People who are applying to be Lawful Permanent Residents (LPR or Green Card holders) inside the U.S.
- People who are LPRs but have been out of the country for more than six (6) months.
- The changes will not affect people who are applying for citizenship or people who have become citizens.

Q: Does the public charge rule apply to all immigrants?

A: No, the following is a list of categories that are exempt:

- Afghan and Iraqi special immigrants
- Deferred Action for Childhood Arrivals (DACA)
- Individuals granted relief under:
 - The Cuban Adjustment Act (CAA)
 - The Nicaraguan and Central American Relief Act (NACARA)
 - The Haitian Refugee Immigration Fairness Act (HRIFA)
- Lawful permanent residents (LPRs)
- Naturalized U.S. citizens
- Refugees and asylees
- Special Immigrant Juvenile (SIJ) status
- Temporary Protected Status (TPS)
- U-Visa and T-Visa Holders
- Violence Against Women Act (VAWA) Self-Petitioners

Q: How are Alliance Medi-Cal members affected by public charge?

A: The Alliance encourages members to seek advice from a legal expert. Alliance staff is not authorized to advise members on the use of public benefits and public charge. However, according to the Immigrant Legal Resource Center (ILRC), an individual's use of the Medi-Cal benefit before Monday, February 24, 2020, will not count against them in a future public charge determination.

The use of public benefits by a U.S. citizen's family member(s) will not count against them in a future public charge determination.

For more information, please visit www.ilrc.org/public-charge.

Q: I am an Alliance member, how will my personal and/or family immigration status be used by the Alliance?

A: The Alliance does not have access to information about our members' immigration status. Medi-Cal eligibility is determined by the Alameda County Social Services Agency and the California Department of Health Care Services (DHCS).

Q: Can the Alliance provide assistance to members who are concerned about how the use of Medi-Cal could affect their immigration status or naturalization?

A: No. The Alliance cannot provide legal guidance to members or their family regarding immigration status or naturalization.

If a member needs legal assistance, please call any of the following organizations:

- Asian Pacific Islander Legal Outreach at **1.510.251.2846**
- Bay Area Legal Aid at **1.510.663.4744**
- Catholic Charities of the East Bay at **1.510.768.3100**
- Centro Legal de la Raza at **1.510.437.1554**
- East Bay Community Law Center at **1.510.548.4040**
- International Institute of the East Bay at **1.510.451.2846**

What do You get When a Local Sheriff's Department, Community Clinic and Health Plan Come Together?



A Healthier Community!

Through this local partnership, the 'Food as Medicine' pilot aims to address food insecurity to help improve physical and behavioral health outcomes. It also provides farming jobs to people reentering society after being in prison. Food as Medicine launched at Tiburcio Vasquez Health Center's clinic in San Leandro in March 2020.

Alameda Alliance for Health (Alliance) and ALL IN Alameda County (ALL IN) have partnered to expand Food as Medicine efforts at local sites throughout Alameda County. Beginning with the Tiburcio Vasquez Health Center (TVHC) primary care clinic in San Leandro, Food as Medicine will serve the Ashland and Cherryland communities. The Alliance invested more than a quarter of a million dollars to support strategies at local clinics, like TVHC, that are working to improve healthy living in our community. The pilot give participants prescriptions for nutrient-dense foods, provides nutrition education, connects them to behavioral supports, and integrates a Food as Medicine model with medical practices that address structural barriers. Funding support

and partnership with the Alliance, ALL IN, Open Source Wellness, and the Alameda County Sheriff's Department Dig Deep Farms will allow this pilot to expand prevention and treatment strategies that improve patients overall health and wellbeing.

Limited access to nutritious food has been linked to various adverse health outcomes. Today, 70 percent of all Americans are overweight or obese and over 100 million Americans are projected to be diabetic by the year 2050.

“Today, more than 130 million Americans are affected by chronic diseases; many that are preventable and reversible,”

said Dr. Steven Chen, Chief Medical Officer of ALL IN.



“This partnership with the Alliance is the beginning of what we know will advance health equity by transforming our systems of care and addressing structural determinants of poor health.”

Through the Food as Medicine pilot, primary care providers (PCPs) and staff will screen patients to find out if it is hard for them to get food, and offer four (4) months’ worth of locally grown fresh and nutrient-dense vegetables from Dig Deep Farms that can be redeemed at an onsite Food Farmacy. Participants will also be offered a referral to a 16-week “Behavioral Pharmacy” group medical visit facilitated by Open Source Wellness at TVHC. The group medical visit

will focus on nutrition, physical activity, mindfulness, stress reduction, and social support.

“Through this innovative program, Alameda County has taken an important step towards ensuring that our most vulnerable families and communities have access to the healthy, fresh food necessary for beneficial long-term health outcomes,” said Wilma Chan, Alameda County Supervisor. “I am grateful for this invaluable partnership with the Alliance and our other partners that demonstrates a collective commitment to the well-being of our County’s residents.”



“The impacts of food insecurity and social isolation in our community are creating higher rates of health disparities including depression, diabetes, obesity, and hypertension” said Scott Coffin, Alliance Chief Executive Officer. “The Food as Medicine program connects our members to locally grown, nutritious food, and combines with wellness coaching to create a unique experience that improves a person’s quality of life.”

Currently, the Food as Medicine initiative has a site at Hayward Wellness Center and smaller Food Farmacies operate at Native American Health Center, La Clínica de La Raza, Roots Community Health Center and West Oakland Health Center. The initiative will expand to more sites throughout Alameda County.

To learn more about Food as Medicine efforts, please visit www.acgov.org/allin. To learn more about the Alliance, please visit us at www.alamedaalliance.org.

About ALL IN Alameda County (ALL IN)

In January 2014, on the 50th Anniversary of President Johnson’s War on Poverty, Alameda County Supervisor Wilma Chan launched the New War on Poverty in Alameda County. The Board of Supervisors adopted a resolution in support of the effort, which was named ALL IN Alameda County (ALL IN). This effort was created to make significant progress towards the ambitious goal of ending poverty in our community. ALL IN’s primary strategies are collaboration and innovation. Through a stakeholder engagement process involving County staff and leadership, and community leadership, individuals are encouraged to work together to design and implement new solutions.

About Tiburcio Vasquez Health Center (TVHC)

Tiburcio Vasquez Health Center (TVHC) began over 48 years ago in Union City by a coalition of community members determined to provide health care services to migrant workers and other marginalized groups. Today, TVHC continues to carry out its mission by providing access to quality medical, dental, optometry, podiatry, mental health care, youth health services, community health education, family support services, and WIC nutrition services to over 27,000 uninsured and underserved community members living in Alameda County. For more information, please visit www.tvhc.org.

WORKING TO KEEP KIDS SAFE:

SAFE KIDS

ALAMEDA COUNTY



The Alliance is part of Safe Kids Alameda County, a group of over 30 organizations working to keep your kids safe at home, on the roads, and at play. It is led by the Alameda County Emergency Medical Services (EMS) Agency and includes non-profits, fire and police, and health care.

Safe Kids and its partners teach families about the proper use of car seats, bike helmets, and other safety items through local safety events and programs. Some of these events are Safe Kids Day, Walk/Bike to School Day, World's Largest Swim Lesson, and Car Seat Checkups.

To learn more about events and safety tips and tricks, please 'like' Safe Kids on Facebook at www.facebook.com/skalco or visit ems.acgov.org/CommttyResources/CIP.

For handouts and helpful links about keeping kids safe, please **visit www.alamedaalliance.org/live-healthy-library** and click "Safety".

CAR SEAT CHECKUPS

If you would like to meet with a certified Car Seat Technician to learn how to install your child's car or booster seat, please call Alameda County EMS at **1.510.618.2050**.

Alameda County EMS Car Seat Inspection Station (by appointment only)

2nd Thursday of the month 10 am - 12 pm
1000 San Leandro Blvd (north parking lot)
San Leandro, CA 94577



Can You Spot the **E-CIGARETTES?**

There are 5 e-cigarettes hiding in plain sight in this picture. For answers, please watch the video at www.tobaccofreeca.com/e-cigarettes/identify-which-products-teens-are-vaping.

At a glance, many e-cigarettes look just like common items found in a student's backpack. The designs and flavors that they come in appeal to young people. In 2018, about 1 in 8 high school students in California used any tobacco product. While 3 out of 4 of the students who used tobacco said they used e-cigarettes.

Youth and parents should both be aware that the use of e-cigarettes, also called vaping, is not safe. The liquid inside and the vapor contain harmful chemicals like antifreeze and others that cause cancer or lung disease. It's not just water vapor!

Also, most e-cigarettes have nicotine. Nicotine alters how the brain works and harms its development. It makes it harder for kids to carry out tasks and stay focused, and can cause mood swings and increase anxiety. The human brain is not done developing until the mid-20s, it is easier

for younger people to get addicted to nicotine.

Parents, learn more about e-cigarettes and how to talk to your kids about them at www.flavorshookkids.org (English, Spanish, Chinese, Vietnamese, Korean).

Teens, learn more and take action at www.thetruth.com.

HELP TO QUIT

Below are some helpful resources if you or someone you know needs help quitting e-cigarettes:

- Call the **California Smokers' Helpline** at toll-free **1.844.866.8273** (English, Spanish, Chinese, Vietnamese, Korean), also at www.novapes.org.
- Text program for youth: Text **DITCHJUUL** to **88709**.
- Text program for parents of vapers: Text **QUIT** to **1.202.899.7550**.

Staying Heart Healthy

How to Prevent Heart Disease



You can take steps to prevent heart disease! The most common type of heart disease happens when narrow or blocked blood vessels reduce blood flow to the heart. This is called coronary artery disease (CAD), and can lead to chest pain, heart attack, and stroke. With healthy living habits and the help of your doctor, you are on your way to a healthy heart.

Healthy living habits:



Don't smoke. If you smoke, you can work with your doctor to make a quit plan or call the California Smokers' Helpline toll-free at **1.800.662.8887**.



Eat healthy. Try adding more fruits and vegetables to your meals. Choose foods low in fat, salt, and sugar.



Get moving. Find ways you enjoy to get your heart rate up. All you need is 30 minutes most days of the week. Children should be active for 1 hour every day. Remember, you do not have to do it all at once.

To learn more, please visit www.alamedaalliance.org/live-healthy-library and click "Heart Health".

You can also send us an **Alliance Wellness Program & Materials Request Form** found on **page 24**.

Talk to your doctor about:



Blood pressure: Find out what your blood pressure numbers are, and ask your doctor what those numbers mean for your health. If you have high blood pressure, work with your doctor to lower it.



Cholesterol: Cholesterol is a waxy substance produced by the liver and found in certain foods. The "bad" type can build up in your blood vessels and cause heart disease. Talk to your doctor about cholesterol and how to lower your bad cholesterol if it's too high.



Blood sugar: Be aware of your blood sugar (glucose) numbers. Prediabetes or diabetes cause higher than normal blood sugar levels, which can harm your blood vessels. Talk to your doctor about how to keep blood sugar under control.

Spotlight on Autoimmune Diseases



Your body's immune system attacks germs that don't belong in your body and protects you from getting sick. But sometimes, it doesn't work the way it should. You might already know about allergies, which happen when your body attacks things like pollen or food that usually don't harm you.

An **autoimmune disease** happens when your immune system attacks your own cells and organs by mistake. There are more than 80 autoimmune diseases that affect many parts of the body!

Here are some common ones:

- **Type 1 diabetes** affects the cells that make insulin, which is needed to control blood sugar.
- **Thyroid disease** affects the thyroid gland which makes hormones that control how our bodies use energy. Some thyroid diseases are autoimmune.
- **Lupus** affects the joints, skin, kidneys, heart, lungs, and other parts of the body.
- **Rheumatoid arthritis** affects the joints.

Anyone can get an autoimmune disease, but they do tend to run in families. Women – particularly African American, Hispanic American, and Native American women – are more likely to get some of the diseases.

Each disease is unique, but often the first symptoms are fatigue, muscle aches, and a low fever. Other common symptoms are joint pain and swelling, skin problems, stomach problems, or swollen glands.

What you can do

It's not easy to know if you really have an autoimmune disease, and if so, which one. But if you have symptoms that bother you, don't ignore them. Tell your doctor about any symptoms you have and your family health history. They may refer you to a specialist who treats the part of the body most affected by your symptoms. It can take a while to find the cause, but don't give up.

If you have an autoimmune disease, you can treat your symptoms and learn to manage your disease. With treatment and healthy habits, people living with autoimmune disease can feel better and lead full, active lives.



SCHEDULE YOUR CHECKUP!

Checkups, or well-care visits, are important for everyone's health. Make sure you and your family members know when your next checkup is! Please call your doctor to schedule your visit.

At your visit you can:

- Ask your doctor any questions you have about your health.
- Check your health with screenings that catch issues early.
- Get any vaccines (shots) you need to prevent disease.

To learn more, please visit www.alamedaalliance.org/live-healthy-library and click "Well Care".

Need help? Please call the Alliance Member Services Department at **1.510.747.4567**.

IT'S IMPORTANT TO PROTECT YOURSELF AND OTHERS.

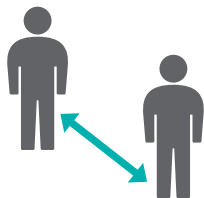
We can all do our part to save lives.



Wash your hands often with soap for 20 seconds or use 60%+ alcohol-based hand sanitizers.



Cover your cough or sneeze with a tissue, then throw it in the trash and wash your hands.



Keep at least 6 feet away from others whenever it's possible.



Stay home if you're feeling sick and call your doctor first. Avoid close contact with others.



Don't touch your nose, mouth and eyes.



Wear a face covering when you leave your home for essential services.

IMPORTANT PHONE NUMBERS

Emergency	911
Poison Control	1.800.222.1222
Alameda County Social Services Medi-Cal Center	1.800.698.1118 or 1.510.777.2300
Medi-Cal Plan Enrollment/Changes	1.800.430.4263

ALAMEDA ALLIANCE FOR HEALTH (ALLIANCE)

Main Line	1.510.747.4500
Member Services Department Monday – Friday, 8 am – 5 pm	1.510.747.4567
Toll-Free	1.877.932.2738
People with hearing and speaking impairments (CRS/TTY)	711/1.800.735.2929

CARE SERVICES

Behavioral Health Care Services	
Beacon Health Options	1.855.856.0577
Alameda County Behavioral Health Care Services (ACCESS)	1.800.491.9099
Dental Care Services	
Medi-Cal Members: Denti-Cal	1.800.322.6384
Group Care Members: Please call Public Authority for In-Home Supportive Services (IHSS)	1.510.577.3552
Vision Care Services	
Medi-Cal Members: March Vision Care	1.844.336.2724
Group Care Members: Please call Public Authority for In-Home Supportive Services (IHSS)	1.510.577.3552
Nurse Advice Line	
Medi-Cal Members	1.888.433.1876
Group Care Members	1.855.383.7873

ADDRESS AND PHONE NUMBER CHANGES

If you move or get a new phone number, please call the Alliance Member Services Department at **1.510.747.4567**.

PROGRAM AND MATERIALS AT NO COST

Would you like to get more resources or learn more about classes and programs? Just fill out the **Alliance Wellness Program & Materials Request Form** on page **24**, check the programs or materials that you want, and send it to us. Programs and materials are no cost to you as our Alliance member. To learn more, please call the Alliance Member Services Department at **1.510.747.4567** or visit **www.alamedaalliance.org/live-healthy**.

LANGUAGE SERVICES AT NO COST

We offer our Alliance members interpreters for health care visits and health plan documents in your language or other formats such as Braille, audio, or large print. For help with your language needs, please call the Alliance Member Services Department at **1.510.747.4567**.





QUALITY IMPROVEMENT PROGRAM

The Alliance Quality Improvement (QI) program helps improve care for our members. We look to see if you are getting regular exams, screenings, and tests that you need. We also see if you are happy with the care you get from our providers and the services we provide to you. Each year, we set goals to improve the care our members receive. The goals address care and service. We look yearly to see if we met our goals. To learn more about our QI program goals, progress, and results, please visit www.alamedaalliance.org/members. If you would like a paper copy of the QI program, please call the Alliance Member Services Department at **1.510.747.4567**.

NOTICE OF NON-DISCRIMINATION & LANGUAGE ASSISTANCE

The Alliance complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. The Alliance does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

If you need help reading this document or would like a different format, please call the Alliance Member Services Department at **1.510.747.4567**.

Si necesita ayuda para leer este documento, llame al Departamento de Servicios al Miembro de Alliance al **1.510.747.4567**.

假如您看不懂本文件，需要協助或其他語文版本，請致電 Alliance 計畫成員服務處，電話 **1.510.747.4567**。

Nếu quý vị cần giúp đỡ đọc tài liệu này, xin gọi Ban Dịch Vụ Hội Viên Alliance tại số **1.510.747.4567**.

WANT TO KNOW MORE ABOUT YOUR HEALTH PLAN AND HOW TO GET THE MOST OUT OF YOUR BENEFITS?



Join us for our no cost, new member class to learn more about your benefits.

When you come to the class, you can receive food and a grocery gift card as a thank-you!*

After the class, you'll be able to better understand:

- Your benefits
- How to choose or change your doctor
- Your member rights and responsibilities

Our team is based here in Alameda County and speaks English, Spanish, Chinese, and Vietnamese. We can also provide interpreter services if your language is not spoken by our team.

To sign up for an upcoming class or if you have questions, please call:

Alliance Member Services Department

Monday – Friday, 8 am – 5 pm

Phone Number: **1.510.747.4567**

Toll-Free: **1.877.932.2738**

People with hearing and speaking impairments (CRS/TTY):

711/1.800.735.2929

www.alamedaalliance.org

*Limits may apply



MEMBER REQUEST FORM – ALLIANCE WELLNESS PROGRAMS & MATERIALS

Alameda Alliance for Health (Alliance) provides health education at no cost. 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 handouts in other formats. Many handouts can be found at www.alamedaalliance.org.

 **BOOKS**

- Cookbook (*choose one*):
 - 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**

- Asthma
 - Adult
 - Child
- Diabetes
 - Adult
 - Child

 **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
- Healthy Eating
- Heart Health
- Parenting
- Pregnancy and Childbirth
- Quit Smoking
- Safety:
 - Adult
 - Baby
 - Child
 - Senior
- Sexual Health
- Stress and Depression

Name (self): _____ Alliance ID Number: _____
 Child's Name (if applies): _____ Child's ID Number: _____
 Age of Child: _____ City: _____ Zip: _____
 Address: _____ Language Preferred: _____
 Daytime Phone: _____ Email Address: _____
 Materials are for: Adult Child Senior

To order, please send this form to:
Alliance Health Programs • 1240 South Loop Road, Alameda, CA 94502
 Phone Number: **1.510.747.4577** • Fax Number: **1.877.813.5151**
 People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**