

# Alameda Alliance for Health Wellness Programs & Materials



**Member Request Form** - 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 select 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](http://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
- Diabetes Prevention Program (*Prediabetes*)
- Healthy Weight
- Heart Health
- Parenting
- Pregnancy and Childbirth
- Quit Smoking  
(*please have Smokers' Helpline call me*)
- Senior Centers/Programs
- WW (*formerly Weight Watchers*)



## MEDICAL ID BRACELETS OR NECKLACE

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



## WRITTEN MATERIALS

- Advanced Directive  
(*medical power of attorney*)
- Alcohol and Other Substance Use
- Asthma
  - Child
  - Adult
- 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
  - Baby
  - Child
  - Adult
  - Older Adult
- Sexual Health
- Stress and Depression

Name (self): \_\_\_\_\_

Child's Name (if applies): \_\_\_\_\_

Age of Child: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Materials are for:  Child  Adult  Older Adult

Alliance Member ID Number: \_\_\_\_\_

Child's Member ID Number: \_\_\_\_\_

Preferred Language: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_



To order, please send this form to:

**Alliance Health Programs** • 1240 South Loop Road, Alameda, CA 94502

Phone Number: **1.510.747.4577**

People with hearing and speaking impairments (CRS/TTY): **711/1.800.735.2929**