

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**