



**Santa Clara
Family Health Plan**

210 E. Hacienda Ave., Campbell, CA 95008
www.scfhp.com

HEALTH EDUCATION REFERRAL FORM

Fax Request to 408.874.1959

Contact Health Education: 800.260.2055

To enroll in Health Education classes, please provide the following information:

Date:		ID#:	
Member name:		Date of birth:	Home phone:
Member address:			Work phone / cell phone:
Referring physician:			
Physician address: (number & street, city, zip code)			
Physician phone number:		Physician fax number:	

- Classes and materials are available in English, Spanish, and Vietnamese.
- All classes require pre-registration.

Chronic Disease Self-Management

- Asthma
- CHF (Congestive Heart Failure)
- COPD (Chronic Obstructive Pulmonary Disease)
- Diabetes
- Living with Your Chronic Condition

Counseling & Support Services

- Individual Counseling
- Group Counseling & Support

Exercise & Fitness

- Tai Chi
- Yoga
- Summer Swimming Lessons – ages 0-5 yrs

Nutrition & Weight Management

- Family Nutrition Education
- 5 KEYS – ages 0-5 yrs
- Weight Watchers BMI _____ Goal Wt _____

Smoking Cessation

- Quit Smoking
- Smoker's Help Line

Prenatal Education

- Childbirth Preparation
- Infant Care
- Infant CPS
- Prenatal Breastfeeding Class

Community Resources

- Alcohol & Substance Abuse Prevention
- Babysitting First Aid
- Child/Adult CPR/First Aid
- Domestic Violence Prevention
- Fall Prevention
- Fire & Home Safety

Parent Education

- Basic Parenting Workshops
- New Parent Workshops

- Health Education Materials: