

# PATIENT HANDOUTS REQUEST FORM

Practice Name

Mailing Address

City

State

Zip

Contact Name

Phone

Date

**Patient Handouts:** Indicate the number of packets (25 per packet) needed for each patient handout. **Email completed form to [Ask-PSC@bcbsal.org](mailto:Ask-PSC@bcbsal.org).**

## Chronic Condition Management FHV-20



**Chronic Condition Management**

Blue Cross and Blue Shield of Alabama is committed to helping you better manage your health. The program focuses on common chronic diseases: **• Asthma • Chronic Obstructive Pulmonary Disease • Congestive Heart Failure • Coronary Artery Disease • Diabetes (Types 1 and 2) • Other specialized conditions**

**Enroll Today in the Chronic Condition Management Program!**  
Call toll free, 1-888-641-5741 or email [chronicmanagement@bcbsal.org](mailto:chronicmanagement@bcbsal.org) for more information.

**WellBeacon**  
A wellness program for you from Blue Cross and Blue Shield of Alabama

Packets Needed

## Preventive Screening and Immunization Guidelines for Adults FHV-51



**Preventive Screening and Immunization Guidelines for Adults**

Early detection is the key to beating many illnesses and diseases. Getting the right tests at the right time can increase chances of treatment success and survival. Ask your doctor what's right for you.

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## Diabetes: Know the Warning Signs FYH-2



**Diabetes: Know the Warning Signs**

Diabetes: Do you know the symptoms? Nearly one-third of those with diabetes are unaware they even have the life-threatening illness, according to the American Diabetes Association.

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## Get Healthy Get Immunized FYH-12



**Get Healthy Get Immunized**

Ensuring your child is protected against diseases such as whooping cough, pertussis, measles and diphtheria could save his or her life.

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## Exercise: Make Time for it FYH-14



**Exercise: Make Time for it**

We live in a stressful, fast-paced world and sometimes we just can't seem to fit exercise into our busy schedules. Yet, we should make time for it.

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## High Blood Pressure FYH-36



**High Blood Pressure: What You Should Know**

According to recent estimates, nearly one in three U.S. adults has high blood pressure. But because there are no symptoms, many people don't know they have it. In fact, many people have high blood pressure for years without knowing it.

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## Colorectal Cancer: Are You at Risk? FYH-185



**Colorectal Cancer: Are you at risk?**

Colorectal cancer is cancer that starts in either the colon or rectum. It may take years to develop and usually begins as a polyp—a growth of tissue in the lining of the colon or rectum. Removing the polyp early may prevent it from becoming cancerous.

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## A Healthy Plate for a Healthy Weight FYH-188



**A Healthy Plate for a Healthy Weight**

It's sometimes difficult to know how much a serving really is and how much food should be on your plate. This brochure provides helpful information on healthy eating and healthy portions.

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## Physical Activity for the Family FYH-268



**Physical Activity for the Family**

Learning to enjoy physical activity can help your child develop strong muscles and bones while maintaining a healthy weight. These tips can help your family be more active together.

**BlueCross BlueShield of Alabama**  
[Alabama.com/BlueWellness](http://Alabama.com/BlueWellness)

Packets Needed

## myBlueWellness FYH-279



**WELLNESS TOOLS: POWERED BY WEBMD**

At [Alabama.com/BlueWellness](http://Alabama.com/BlueWellness), you can access up-to-date information about diseases, conditions and the latest health news. You also get access to Symptom Checker, calculators, assessments, videos, recipes and you can personalize the site to fit your needs - all powered by WebMD.

**HEALTH ASSESSMENT**  
After taking the online Health Assessment you'll get an immediate, personalized report showing an overview of your current health status and ways to reduce health risks.

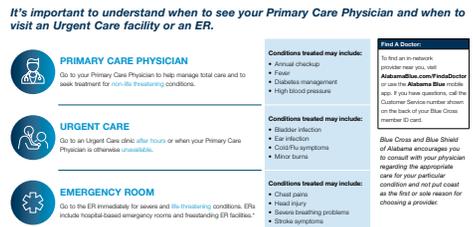
**DAILY HABITS**  
These web-based health courses offer step-by-step assistance to help you change unhealthy behaviors and make better choices. Daily Habits offers a variety of plans including Enjoy Exercise, Balance Your Diet, Avoid Stress in Checks, Lose Weight, Quit Tobacco and Stop Using the Binge.

**PERSONAL HEALTH RECORD**  
The Personal Health Record allows you to keep your health information in one secure, central location. Information can be accessed instantly and automatically added from many areas of processed claims. Health Tools allow you to chart your personal health measurements over time.

**BlueCross BlueShield of Alabama**

Packets Needed

## Know Where to Go FYH-400



**It's important to understand when to see your Primary Care Physician and when to visit an Urgent Care facility or an ER.**

**PRIMARY CARE PHYSICIAN**  
Go to your Primary Care Physician to help manage total care and to seek treatment for non-life threatening conditions.

**URGENT CARE**  
Go to an Urgent Care clinic after hours or when your Primary Care Physician is otherwise unavailable.

**EMERGENCY ROOM**  
Go to the ER immediately for severe and life-threatening conditions. ERs include hospital-based emergency rooms and freestanding ER facilities.

**Conditions treated may include:**

- Annual checkup
- Fever
- Diabetes management
- High blood pressure

**Conditions treated may include:**

- Stomach infection
- Ear infection
- Cold/flu symptoms
- Mixed burns

**Conditions treated may include:**

- Chest pain
- Head injury
- Severe breathing problems
- Stroke symptoms

**Find A Doctor!**  
To find an in-network provider near you, visit [Alabama.com/FindADoctor](http://Alabama.com/FindADoctor) or visit the **Alabama Blue** mobile app. If you have questions, call the Customer Service number shown on the back of your Blue Cross member ID card.

**Blue Cross and Blue Shield of Alabama** encourages you to consult with your physician regarding the appropriate care for your particular condition and not put coast as the first or sole reason for choosing a provider.

**BlueCross BlueShield of Alabama**

Packets Needed

**Make Each Day Matter:  
Serious Illness Care  
Program MBG-357**



Packets Needed

**Fall Prevention  
MBG-635**



Packets Needed

**HPV Vaccine  
MBR-20260**



Packets Needed

**Case Management  
MKT-143**



Packets Needed

**Lifestyle Rx for a Healthy  
Pregnancy - Baby Yourself  
PRV-20458**



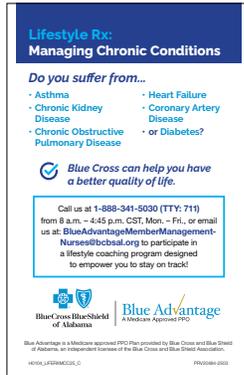
Packets Needed

**Lifestyle Rx for Health  
Coaching  
PRV-20459**



Packets Needed

**Lifestyle Rx for Managing  
Chronic Conditions  
PRV-20460**



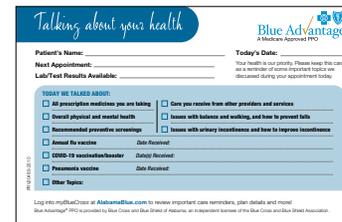
Packets Needed

**Lifestyle Rx for  
Serious Illness Care  
PRV-20484**



Packets Needed

**Talking About Your  
Health  
PRV20485**



Packets Needed

**Blood Pressure Log  
PRV-20797**



Packets Needed

**Allow 4 to 6 weeks for delivery.**

