

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.**

A Healthy Plate for a Healthy Weight FYH-188



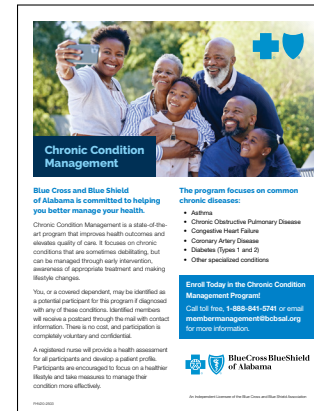
Packets Needed

Case Management: Making Hard Times Easier for You MKT-143



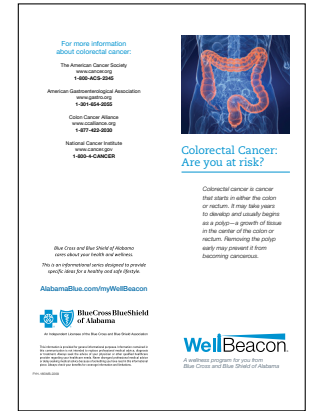
Packets Needed

Chronic Condition Management FHV-20



Packets Needed

Colorectal Cancer: Are You at Risk? FYH-185



Packets Needed

Diabetes: Know the Warning Signs FYH-2



Packets Needed

Exercise: Make Time for it FYH-14



Packets Needed

Get Healthy Get Immunized FYH-12



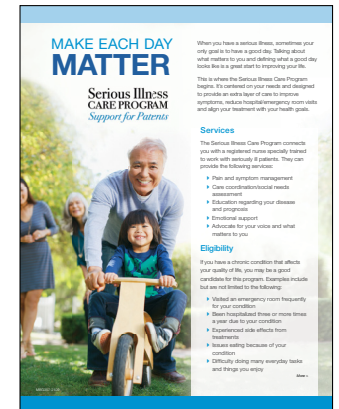
Packets Needed

High Blood Pressure: What You Should Know FYH-36



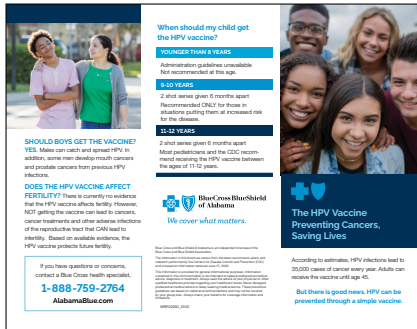
Packets Needed

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



Packets Needed

HPV Vaccine MBR-20260



Packets Needed

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



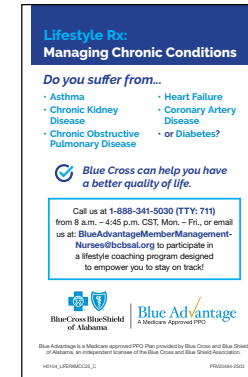
Packets Needed

Lifestyle Rx for Health Coaching PRV-20459



Packets Needed

Lifestyle Rx for Managing Chronic Conditions PRV-20460



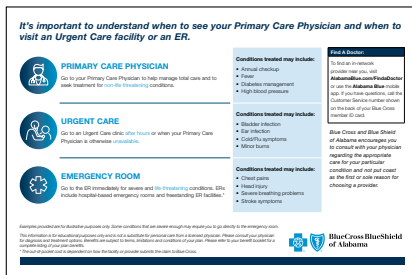
Packets Needed

Lifestyle Rx for Serious Illness Care PRV-20484



Packets Needed

Know Where to Go FYH-400



Packets Needed

myBlueWellness FYH-279



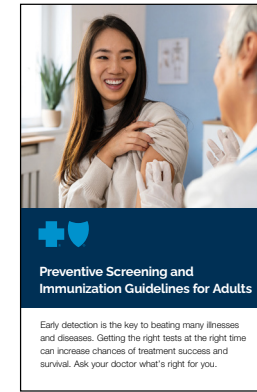
Packets Needed

Physical Activity for the Family FYH-268



Packets Needed

Preventive Screening and Immunization Guidelines for Adults FHV-51



Packets Needed

Talking About Your Health PRV20485



Packets Needed

Allow 4 to 6 weeks for delivery.