



## Nutrition and Weight Management Class – Referral Form

Send referrals to [HealthEducation@cchealth.org](mailto:HealthEducation@cchealth.org) or fax to 925-313-6870

Who is eligible for this class?

- Adult CCHP Medi-Cal and Commercial Members
- BMI > 30
- Waist Circumference
  - > 35 inches for women
  - > 40 inches for men
- Motivated to make changes
- Member with Internet connection and able to join via Zoom
- Diagnosis of Hypertension in combination with being overweight

<b>Referring Provider</b>		
<b>Provider Contact (Email)</b>		

<b>CCHP Member? (check one)</b>	Yes	No
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<b>Member Name</b>	
<b>Member Date of Birth</b>	
<b>Member MRN</b>	
<b>Member Email</b>	
<b>Member Phone Number</b>	

<b>Reason for Referral (check all that apply)</b>	
<input type="checkbox"/> <b>Weight Management</b>	<input type="checkbox"/> <b>Hypertension</b>
<input type="checkbox"/> <b>Nutrition Education</b>	<input type="checkbox"/> <b>Exercise / Physical Fitness</b>

Any questions or comments can be sent to Cathy Rasmussen at [HealthEducation@cchealth.org](mailto:HealthEducation@cchealth.org)  
 Note: This class is currently available in English. Spanish-language classes may be available in the future.