

BCBSNC PROVIDER TOOLKITS

Select the **free** toolkits that you would like to order for your practice and fax this form to Member Health Partnerships at (919) 765-1927

Healthy Lifestyle Programs

Achieving a Healthy Weight for Adults

Includes adult BMI wheels and tape measures, a pad of 50 patient education tear sheets on weight and pre-diabetes, and guidelines for the assessment and treatment of obesity.

Achieving a Healthy Weight for Kids

Includes pediatric BMI wheels, patient education tear sheets on weight, guidelines for the assessment and treatment of obesity, age appropriate Healthy Habits tear sheets, 2 pads of growth charts, and *Get Up and Move* posters.

Tobacco cessation (English)

Includes clinical practice guidelines for the assessment and treatment of tobacco dependence, *Starting the Conversation* materials and *You Can Quit Smoking* booklets, and promotional materials for North Carolina's free tobacco quit line.

Tobacco cessation (Spanish)

Includes *Starting the Conversation* materials and *You Can Quit Smoking* booklet to aid in talking with patients about quitting, *You Can Quit Smoking* tear sheets, and promotional materials for North Carolina's free tobacco quit line.

Stress management

Includes 2 pads of 50 patient education tear sheets on techniques for managing stress—one on relaxation techniques and one on cognitive restructuring.

Preventive Screening Topics

Chlamydia

Includes a guide to taking a sexual history and patient sexual history questionnaire, CDC guidelines for chlamydia screening, evidence-based steps to increase chlamydia screening at your practice, and 50 patient education brochures.

Colorectal cancer

Includes colorectal cancer screening information for providers, BCBSNC colonoscopy insurance benefit information, and a pad of 50 patient education tear sheets on colorectal cancer screening options.

Depression

Includes Zung Self-Rating Depression Scales, a pad of 50 Overcoming Depression patient education tear sheets, and depression pocket guidelines.

Mammography

Includes 3 color posters that illustrate the benefits of mammograms, 3 mammography counseling tip cards and a breast health bead necklace for patient education.

Practitioner's Name: _____ Phone Number: _____

Practice Name: _____ Email address (optional) _____

Practice Address: _____

Note: we will need your street address for UPS shipping.

Alternative delivery address: (if different from the one listed above).

Fax this form to (919) 765-1927

If you have any questions, please contact Member Health Partnerships at (800) 218-5295.

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