



MOLINA
Weight Management Print Materials
Health Education
Fax Request to (562) 901-1176

Today's Date: _____

REQUESTING PROVIDER INFORMATION	
Name:	Phone # () -
Address:	Contact Name:

A maximum of 25 pieces per topic and no more than 10 topics may be ordered at one time

WEIGHT MANAGEMENT HEALTH EDUCATION TOPICS		
Weight Management Topics <small>A = Adult C = Child T = Teen</small>	Quantity	*Language/Format Requested
1. Breakfast Tips to Start Your Day (A)		
2. Healthy Snack Ideas (A/C)		
3. What's In Your Cup? (drinks and calories) (A/T)		
4. Fast Food – How Does It Add Up? (A/T)		
5. Brain Teaser (calorie counts per ounce of soda and fruit drinks) (A/T)		
6. Family Fitness (A/C)		
7. Water...the forgotten Nutrient (A/T)		
8. Tips to Avoid Mealtime Battles (A)		
9. Guide to Serving Sizes and Portions (A/T)		
10. How Do I Eat Well? (A/T)		
11. Exercise and You (A/T)		
12. Tips for Teens: Lower Your Risk for Type 2 Diabetes (T)		English only
13. Sometime and Anytime Foods (A/C/T)		
14. Making Meals Matter For Your Young Child – ages 2-6 (A)		
15. Making Meals Matter For Your School - Age Child – ages 6-12 (A)		
16. The Kid's Activity Pyramid (A/T/C)		

**All listed topics are also available in Spanish unless specified otherwise.*

For other health education topics, please use the General Health Education Materials Order Form