

Community Health Services

To refer patients to FirstHealth Community Health Services, **fax this form to (910) 715-2197**, or contact us by phone at (888) 534-5333.

Patient Name:		Date of Birth	
Address		City	State ZIP
Home Phone	Cell Phone	Gender	

Programs

- FirstQuit** – Tobacco Cessation (\$5-50 sliding fee based on household income)
- Healthy Kitchen** (6 weeks, 1-hour weekly sessions of group nutrition education and healthy cooking techniques - \$5-25 sliding fee)
- PLAY** (People Living Active Year-round) 6 weeks, 1-hour weekly sessions on how to incorporate physical activity - \$5-25 sliding fee)
- Pre-Diabetes Program** – For patients with an A1C of 5.7-6.4
- Health coaching** one-on-one education and coaching for patients with tobacco use, hypertension, pre-diabetes, hyperlipidemia, overweight/obesity and congestive heart failure; coaches work on care plan to improve chronic disease management skills and communicate progress on goals with provider
- Medication Assistance** - Assists patients with obtaining chronic disease prescription medications through existing pharmaceutical assistance programs

Referral Source

Referred by:	Facility	
E-Mail	Phone	Date
Comments/Notes		

FirstHealth

COMMUNITY HEALTH
SERVICES

5 Aviemore Drive • PO Box 3000 • Pinehurst, NC 28374

(888) 534-5333

www.firsthealth.org/communityhealth