

# Healthy Choices NEW YORK

www.albany.edu/aging/healthychoices

University at Albany  
135 Western Ave, Richardson 390  
Albany, New York 12222  
Tel: 518-442-5530

## Health/Social Services Professional Referral Form

Healthy Choices New York

FAX: 518-591-8772

### FOR COMPLETION BY REFERRING HEALTH/SOCIAL SERVICES PROFESSIONAL

I wish to refer my patient/client to Healthy Choices New York for the indicated program(s) below. I have received authorization from this patient/client to release the information below and permit the Capital Region Project Coordinator to contact him/her directly for follow-up.

Health/Social Services Professional Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### PATIENT/CLIENT INFORMATION:

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
County of residence: \_\_\_\_\_

### HEALTHY CHOICES NEW YORK PROGRAM OPTIONS

\_\_\_ **Living Healthy\***: A six-week workshop series that offers self-management tools for adults aged 60+ with chronic conditions (arthritis, heart disease, diabetes, osteoporosis, asthma, etc) and caregivers of any age who are assisting those with ongoing conditions  
Contact: Karen Revitt (518) 442-5530

\_\_\_ **Active Choices**: An ongoing telephone-based support program that pairs adults aged 60+ with A personal activity coach to build a customized plan for increasing physical activity based preferences, resources & lifestyle.  
Contact: Karen Revitt (518) 442-5530

### REFERRING HEALTH/SOCIAL SERVICES PROFESSIONAL INFORMATION

Name: \_\_\_\_\_ Specialty/Service Area: \_\_\_\_\_

Professional Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

**Please fax referral form to: Karen Revitt  
Healthy Choices New York  
518-591-8772**