

Information Request Form

Name _____

Location/Dept. _____

S.S.# _____

Phone _____ E-Mail _____

JHHSC or JHH (circle one)

Today's Date _____

I would like to receive information on the following:

PAMPHLETS

(select only one)

Pamphlets contain general information on a health topic

- Achieving Life Balance _____
- Arthritis _____
- Asthma _____
- Blood Pressure (Know Your Numbers) _____
- Cancer Prevention _____
- Cholesterol & Your Diet _____
- Colds & Flu _____
- Complementary Health Care _____
- Diabetes _____
- Energize _____
- Exercise & Weight Loss _____
- Feeling Good on a Shiftwork Schedule _____
- Good Sleep Habits _____
- Headaches _____
- Healthier Eating Healthier You _____
- Healthy Aging _____
 - 20-30s
 - 40s
 - 50-60s
- Healthy Food Shopping _____
- How to Prevent Back Pain _____
- How to Quit Smoking _____
- Lifestyle Ergonomics _____
- Lighten Up: Laughter _____
- Managing Your Weight _____
- Never Smoke Again _____
- Nutrition _____
 - The Power of Whole Foods
 - Eating Right on the Run
- Osteoporosis & Bone Loss _____
- Skin Cancer _____
- Time Management _____
- Walking for Better Health _____

- Perfect Pounds _____
- Self Care _____
- Sleep for the Shift Worker _____
- Stress Management _____
- Stretching _____

GUIDEBOOKS

(select only one)

Guidebooks contain in-depth information on a health topic along with hands on activities.

- Back Health _____
- Depression _____
- Diabetes _____
- Headaches _____
- High Blood Cholesterol _____
- Menopause _____
- Mind & Body _____
- Smoking Cessation _____
- Stress Management _____
- Weight Management _____
- Your Guide to Blood Pressure _____
- Your Pregnancy _____

Wellnet Programs:

- ____ Fitness Options/Fitness Network
- ____ Video Library
- ____ Personalized Wellness Profile
- ____ Aerobic Class Consent Form

Other areas of interest: _____

Turn over for more information...

**FREE
Health
Education
Literature!**

Wellnet Department In-Service

If...you can't get away from your workstation, WELLNET can come to YOU. We offer health education programs on a departmental basis. Sessions can be tailored to meet the needs of each department and can range from 20 minutes to 1 hour. Call WELLNET at 5-9538 or E-Mail the staff at Wellnet@jhmi.edu information.

Would you like Wellnet to provide you with more information about Departmental In-Services and/or come to your department to provide health education programs for your staff? **IF YES**, please complete the information below:

Department: _____

Manager or Supervisor: _____

Work Extension: _____

Please complete form and return to PHIPPS 409 / Fax (410) 955-0737 or Call WELLNET for more information (410) 955-9538.



Wellnet is a program for JHHCG benefit eligible employees