

## ORDER FORM

### Greater Flint Health Coalition (GFHC) *Commit to Fit!* Physician's Toolkit

The *Commit to Fit!* Physician's Toolkit is a resource designed to improve patient weight and related factors of physical activity and nutrition. This Toolkit offers health referral resources to patients and suggests methods to improve the physician-patient relationship. It is available free-of-charge for physicians working Genesee County.

The following resources are included in the Physician's Toolkit:

- **Healthy Weight Assessment (Adult and Child)**  
*Used as an initial screening tool to measure patient health status and behaviors and is distributed to patients (or caregivers) when they sign-in for their visit.*
- **Healthy Weight Plan (Adult and Child)**  
*Assesses level of readiness to change, facilitates goal setting, and connects patients to health resources. This plan is to be completed by patients whose BMI measures at or above 25.*
- **Prescription Pad for *Commit to Fit!***  
*Utilized as a follow-up resource that defines individual patient goals & increases patient accountability and participation in areas of physical activity, nutrition, etc.*
- **Additional Commit to Fit! Materials**  
*Supplemental Commit to Fit! educational materials are available to share with patients to promote better health. Please visit [www.commit-2-fit.org](http://www.commit-2-fit.org) to view and order these materials.*



### Please complete the following information to order your Physician's Toolkit:

QUANTITY DESIRED:

Organization: \_\_\_\_\_

Contact person: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Email: \_\_\_\_\_



### Return this form to:

**Greater Flint Health Coalition**  
**Commerce Center**  
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**Flint, Michigan 48502**  
**Phone: (810) 232-2228**  
**Fax: (810) 232-3332**  
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