

PROVIDER MEMO

To: Santa Clara Family Health Plan Pediatricians
From: Laurie Nakahira
Chief Medical Officer
Date: June 07, 2019
Subject: SCFHP Sponsors YMCA Summer Day Camp

Dear SCFHP Provider,

Santa Clara Family Health Plan (SCFHP) invites your patients to the Learn to Live Healthy Day Camp hosted by the YMCA and sponsored by SCFHP. The day camp will focus on physical activity and proper nutrition for diabetes prevention. Participants will learn the importance of being active and eating healthy, all while having fun and meeting new friends. Eligible SCFHP members can register for one free week of the Learn to Live Healthy Day Camp.

Priority will be given to children ages 5 – 15 who meet one or more of the listed criteria:

- Overweight with BMI percentile \geq 80-85%
- Family history of type 2 diabetes
- First degree relative with type 2 diabetes (parent or sibling)
- Ethnic background is at a higher risk for type 2 diabetes (i.e. African Americans, Hispanics, and Native Americans)

Members can register for the camp by calling the YMCA at 1-408-351-6473 or emailing YCamp@ymcasv.org. Attached is the YMCA Learn to Live Healthy Camp flyer which you can share with your patients. Please encourage your patients to register. Space is limited!

If you have questions regarding this information, please contact Divya Shah, Health Educator, at 1-408-874-1929 or HealthEd@scfhp.com.

LEARN TO LIVE HEALTHY



Day Camp

YMCA OF SILICON VALLEY



FREE



Learn to Live Healthy Day Camp is for children and teenagers ages 5-15 with risk factors for developing type 2 diabetes, but not formally diagnosed with type 2 diabetes.

Priority will be given to children who meet one or more of the listed criteria:

- Overweight with BMI percentile \geq 80-85%
- Family history of type 2 diabetes
- First degree relative with type 2 diabetes (parent or sibling)
- Ethnic background at a higher risk for type 2 diabetes (i.e. African Americans, Hispanics, and Native Americans)

For more information or to register please contact us at 408-351-6473 or email us at YCamp@ymcasv.org

LOCATIONS

P.A. Walsh Elementary
353 W. Main St.
Morgan Hill 95037

Dates Jun 17–21, 2019
Time 8:00a – 5:00p

Hoover Middle School
1635 Park Ave.
San Jose 95126

Dates Jul 15–19, 2019
Time 8:00a – 5:00p

Gilroy Prep
277 IOOF Ave.
Gilroy 95020

Dates Jun 24–28, 2019
Time 8:00a – 2:30p

Lakewood Elementary
750 Lakechime Dr.
Sunnyvale 94089

Dates Jul 29–Aug 2
Time 8:00a – 6:00p

**East Valley
Family YMCA**
1975 S. White Rd.
San Jose 95148

Dates Jul 8–12, 2019
Time 8:00a – 5:00p

Funded by:



**Santa Clara Family
Health Plan™**