

Using the Toolkit: Helpful Hints

- **Single copies of the Toolkit can be ordered FREE of charge** by physician practices, hospitals, health centers, and other healthcare organizations in Maine. Simply log on to www.jsmccarthy.com/mainehhealth and place your order on MaineHealth's online catalogue. If you are a first-time user of the catalogue, please send an email to lambee@mmc.org to request a user name.
- **Multiple copies of the Toolkit are available at cost**, including shipping and handling charges. To order multiple copies, contact infoletsgo@mmc.org.
- **Multiple copies of individually printed materials can be ordered FREE** for use in the state of Maine ONLY from MaineHealth's online catalogue by logging on to www.jsmccarthy.com/mainehhealth. **See list on back for available materials.** A minimum of 50 copies must be ordered. **Exception:** *Healthy Favorites: A Booklet Full of Healthy Tips and Recipes* is available at cost. Please email infoletsgo@mmc.org for more information.
- **Out-of-state orders will be charged at cost**, including shipping and handling. Please contact us at infoletsgo@mmc.org for more information on out-of-state orders.
- Each section of the Toolkit contains full color copies along with black and white versions (in the last section) that are suitable for duplicating. You do NOT need to obtain permission to duplicate these items.
- You may co-brand many of these materials by adding the logo, name, and address of your organization. Please do NOT delete the Let's Go! logo, web site, or email address.
- All of the tools and resources except the flipchart and the BMI wheel can be downloaded in pdf format from the Let's Go! web site by logging on to www.letsgo.org and clicking on "For Health Care Professionals."
- If you would like additional copies of the Pediatric Obesity Clinical Decision Support Chart please email infoletsgo@mmc.org.
- Should you wish to make any changes in the content of the materials, please contact us at infoletsgo@mmc.org to request permission.
- We're available to come to you for a hands-on demonstration on how to use the Toolkit—in staff meetings, lunch and learn sessions, or other venues. Contact us at infoletsgo@mmc.org for more details and scheduling.

PROVIDER TOOLS		ITEM NUMBER
Healthy Habits Survey Ages 2–9		ME11-00-505a
Healthy Habits Survey Ages 10–18		ME11-00-505b
BMI Wheel		ME11-00-501
Body Mass Index-For-Age Percentiles Growth Chart: Girls		ME11-00-516a
Body Mass Index-For-Age Percentiles Growth Chart: Boys		ME11-00-516b
OFFICE TOOLS		
Let's Go! 5-2-1-0 Poster (8.5 x 11)		ME11-00-500
PATIENT TOOLS		
5 Brochure		ME11-00-512
2 Brochure		ME11-00-513
1 Brochure		ME11-00-514
0 Brochure		ME11-00-515
HANDOUTS		
Healthy Sleeping Habits		ME11-00-510
What's a Healthy Portion?		ME11-00-509
A Meal Is a Family Affair		ME11-00-511
How to Add Fiber to Your Meals		ME11-00-526
Calcium Counts!		ME11-00-525
The Fittest Food		ME11-00-524
Breakfast Is Best!		ME11-00-534
Get Your Portions in Proportion		ME11-00-536
Get Up and Go!: A Physical Activity Resource Guide for Cumberland County		ME11-00-519
Healthy Favorites: A Booklet Full of Healthy Tips and Recipes		ME11-00-520
The Guiding Stars Program		ME11-00-540

- Visit www.jsmccarthy.com/mainehealth to order items listed above.
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