



Date:

Health Education Materials Order Form

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| L.A. Care Product Line: please check one 1. Provide your name and mailing address. 2. Fill in quantities desired (shaded box indicates 'not available') 3. Mail, fax, or email the completed form to: | <input checked="" type="checkbox"/> [] HF [] HK [] Medi-Cal [] Community Contact Person: | | |
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| Health Promotion Services & Cultural & Linguistics 555 W. Fifth Street, 29th Floor Los Angeles, CA 90013 Phone: (213) 694-1250 Fax: (213) 438-5744 Email: HealthEducationInfo@lacare.org | Providers: License No: | | Site Number: |
| | Address: | | |
| | City: | State: CA | Zip Code: |
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| | Email: | | |

Please print clearly and provide all necessary mailing information. Allow 2 - 4 weeks for delivery. We regret that we cannot provide more than a total limit of 1000 copies per order. Photocopy masters of copyright-free materials are available upon request. The Staying Healthy Forms are available for download on our website www.lacare.org. Please duplicate as many of these materials as needed.

Alternative formats: Every item on this list is available in large print (for the available languages), Braille (English and Spanish), or audio (for the available languages) upon request. Please allow an additional 2 weeks for delivery. To make this selection choose column labeled OTHER.

| Topic | Title | Source | English | Spanish | Armenian | Chinese | Farsi | Khmer | Korean | Russian | Tagalog | Vietnamese | Other |
|-----------|---|---|---------|---------|----------|---------|-------|-------|--------|---------|---------|------------|-------|
| Arthritis | What Is Arthritis | KRAMES Health and Safety Education | | | | | | | | | | | |
| Arthritis | Understanding Osteoarthritis | KRAMES Health and Safety Education | | | | | | | | | | | |
| Asthma | Pediatric Provider Asthma Toolkit | Los Angeles Asthma Clinical Partnership | | | | | | | | | | | |
| Asthma | Dusty the Asthma Goldfish | EPA | | | | | | | | | | | |
| Asthma | FOR KIDS: What Is Asthma? | KRAMES Health and Safety Education | | | | | | | | | | | |
| Asthma | All About Asthma We Can Control Asthma Now! | L.A Care Health Plan/The Children's Clinic & Their Families/The Long Beach Alliance for Children w/Asthma | | | | | | | | | | | |

| Topic | Title | Source | | | | | | | | | | | | | | |
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| | | | English | Spanish | Armenian | Chinese | Farsi | Khmer | Korean | Russian | Tagalog | Vietnamese | Other | | | |
| Asthma | Asthma Triggers (Limit 25) 2-SIDED | GlaxoSmithKline | | | | | | | | | | | | | | |
| Asthma | FOR KIDS: Fun Sheet for Avoiding Your Asthma Triggers | KRAMES Health and Safety Education | | | | | | | | | | | | | | |
| Asthma | Asthma Medicines 2-SIDED | GlaxoSmithKline | | | | | | | | | | | | | | |
| Asthma | The Asthma Flare-up 2-SIDED | GlaxoSmithKline | | | | | | | | | | | | | | |
| Asthma | Understanding Asthma | KRAMES Health and Safety Education | | | | | | | | | | | | | | |
| Asthma | Using Peak Flow Meter/Peak Flowing Track | GlaxoSmithKline | | | | | | | | | | | | | | |
| Asthma | Spacers 2-sided | San Diego Regional Asthma Coalition | | | | | | | | | | | | | | |
| Asthma | What Inhaler Do I Use? 2-SIDED | American of Pediatrics | | | | | | | | | | | | | | |
| Asthma | Exercising with Asthma | KRAMES Health and Safety Education | | | | | | | | | | | | | | |
| Asthma | Asthma & Exercise 2-SIDED | The Children's Clinic | | | | | | | | | | | | | | |
| Asthma | FOR KIDS: Asthma and Exercise | KRAMES Health and Safety Education | | | | | | | | | | | | | | |
| Asthma | Asthma Resources for Healthcare Providers | Asthma Clinical Partnership | | | | | | | | | | | | | | |
| Asthma | Preventing Pneumonia | KRAMES Health and Safety Education | | | | | | | | | | | | | | |
| Breastfeeding | Count the Diapers 1st week of breastfeeding (2 sided) | Public Health Foundation Enterprises WIC Program | | | | | | | | | | | | | | |
| Breastfeeding | How to Breastfeed | KRAMES Health and Safety Education | | | | | | | | | | | | | | |
| Cancer Prevention | General Cancer Flier | L.A. Care Health Plan/CMA Foundation | | | | | | | | | | | | | | |
| Cancer Prevention | Men's Cancer Flier | L.A. Care Health Plan/CMA Foundation | | | | | | | | | | | | | | |
| Cancer Prevention | Women's Cancer Flier | L.A. Care Health Plan/CMA Foundation | | | | | | | | | | | | | | |
| Dental | Healthy Smiles for Adults | L.A. Care Collaborative | | | | | | | | | | | | | | |
| Dental | Keep Your Child's Mouth Healthy | L.A. Care Collaborative | | | | | | | | | | | | | | |
| Depression | Depression Affects Your Mind and Body | KRAMES Health and Safety Education | | | | | | | | | | | | | | |
| Depression | Depression and Suicide in Older Adults | KRAMES Health and Safety Education | | | | | | | | | | | | | | |

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|------------|--|-------------------------------------|---------|---------|----------|---------|-------|-------|--------|---------|---------|------------|-------|--|--|
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| Depression | Secret Feelings -- fotonovela booklet | USC School of Pharmacy/L.A. Care | | | | | | | | | | | | | |
| Diabetes | Control Diabetes: First Steps in Healthy Eating | HEWG | | | | | | | | | | | | | |
| Diabetes | Control Diabetes: Low Blood Glucose | HEWG | | | | | | | | | | | | | |
| Diabetes | Control Diabetes: Managing Your Anger | HEWG | | | | | | | | | | | | | |
| Diabetes | Control Diabetes: My Action Plan | HEWG | | | | | | | | | | | | | |
| Diabetes | Control Diabetes: Why do I need Insulin? | HEWG | | | | | | | | | | | | | |
| Diabetes | Control Diabetes: Why do I need Medicine? | HEWG | | | | | | | | | | | | | |
| Diabetes | Control Diabetes: Getting Past Denial | HEWG | | | | | | | | | | | | | |
| Diabetes | Dealing with Diabetes and Depression | HEWG | | | | | | | | | | | | | |
| Diabetes | Diabetes Numbers-a-Glance & Management Schedule (Poster) | HEWG | | | | | | | | | | | | | |
| Diabetes | Diabetes Resources | HEWG | | | | | | | | | | | | | |
| Diabetes | Foot Care with Diabetes | HEWG | | | | | | | | | | | | | |
| Diabetes | Know Your Blood Sugar Numbers | HEWG | | | | | | | | | | | | | |
| Diabetes | More than 50 Ways to Prevent Diabetes | DHS/National Diabetes Educ. Program | | | | | | | | | | | | | |
| Diabetes | Motivating Health Behavior Change in Brief Clinical Encounters (provider fact sheet) | HEWG | | | | | | | | | | | | | |
| Diabetes | Stress and Your Diabetes | HEWG | | | | | | | | | | | | | |
| Diabetes | Sweet Temptations - fotonovela booklet | USC School of Pharmacy/L.A. Care | | | | | | | | | | | | | |
| Diabetes | Take Control of Your Diabetes | HEWG | | | | | | | | | | | | | |
| Diabetes | The African-American Patient and Diabetes (provider fact sheet) | HEWG | | | | | | | | | | | | | |
| Diabetes | The Asian-American Patient and Diabetes (provider fact sheet) | HEWG | | | | | | | | | | | | | |
| Diabetes | The Latino Patient and Diabetes (provider fact sheet) | HEWG | | | | | | | | | | | | | |
| Diabetes | Diabetes Health Record | California Diabetes Control Program | | | | | | | | | | | | | |

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|-------------------------------|--|---|---------|---------|----------|---------|-------|-------|--------|---------|---------|------------|---|
| Diabetes | Take Care of Your Heart – Manage Your Diabetes | American Diabetes Association / National Diabetes Education Program | | | | | | | | | | | |
| Diabetes | Tips for Kids: Be Active | NDEP | | | | | | | | | | | |
| Diabetes | Tips for Kids: Eat Healthy Foods | NDEP | | | | | | | | | | | |
| Diabetes | Tips for Kids: Lower Your Risk of Type 2 Diabetes | NDEP | | | | | | | | | | | |
| Diabetes | Tips for Kids: Stay at a Healthy Weight | NDEP | | | | | | | | | | | |
| Diabetes | Tips for Kids: What is Diabetes? | NDEP | | | | | | | | | | | |
| Diabetes | Tips for Teens: Dealing with the Ups and Downs of Diabetes | NDEP | | | | | | | | | | | |
| Diabetes | Tips for Teens: Lower Your Risk for Type 2 Diabetes | | | | | | | | | | | | |
| Diabetes | Tips for Teens: What Is Diabetes | | | | | | | | | | | | |
| Diabetes | Tips for Teens: Stay at a Healthy Weight | | | | | | | | | | | | |
| Diabetes | Tips for Teens: Make Healthy Food Choices | | | | | | | | | | | | |
| Diabetes | Tips for Teens: Be Active | | | | | | | | | | | | |
| Diabetes | More than 50 Ways to Prevent Diabetes | US DHS | | | | | | | | | | | |
| Diabetes | What Is Type II Diabetes? | KRAMES Health and Safety Education | | | | | | | | | | | |
| Emergency Room Use - BROCHURE | Not Sure It's an Emergency? | Medi-Cal Managed Care Statewide Collaborative | | | | | | | | | | | |
| Emergency Room Use - POSTER | Not Sure It's an Emergency? | Medi-Cal Managed Care Statewide Collaborative | | | | | | | | | | | |
| Exercise | Every Body is Made to Move | AHEC/Care1st | | | | | | | | | | | |
| Family Planning | All About the Birth Control Shot | California Family Health Council / EPA | | | | | | | | | | | Arabic, Hindi, Hmong, Laotian, Punjabi. |
| Family Planning | Birth Control Options | KRAMES Health and Safety Education | | | | | | | | | | | |
| Fever (LA0389) | Fever in Young Children Brochure | L.A. Care/NEVHC | | | | | | | | | | | |
| Health Care | Advance Directives | San Francisco DHS | | | | | | | | | | | |
| Heart Health | Are You At Risk for Heart Disease? | USDHHS/NIH | | | | | | | | | | | |

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|----------------------------------|---|---|---------|---------|----------|---------|-------|-------|--------|---------|---------|------------|-------|
| Heart Health | Do You Know Your Cholesterol Numbers? | USDHHS/NIH | | | | | | | | | | | |
| Heart Health | Do You Need to Lose Weight? | USDHHS/NIH | | | | | | | | | | | |
| Heart Health | Enjoy Living Smoke Free | USDHHS/NIH | | | | | | | | | | | |
| Heart Health | Keep the Beat: Control Your High Blood Pressure | USDHHS/NIH | | | | | | | | | | | |
| Heart Health | Protect Your Heart Against Diabetes | USDHHS/NIH | | | | | | | | | | | |
| Heart Health - Cholesterol | Controlling Your Cholesterol | KRAMES Health and Safety Education | | | | | | | | | | | |
| Heart Health - Hypertension | Controlling High Blood Pressure | KRAMES Health and Safety Education | | | | | | | | | | | |
| Hypertension High Blood Pressure | You Can Control Your Blood Pressure | Maine Statewide AHEC System | | | | | | | | | | | |
| HIV/STD Prevention | Infocard: Chlamydia sided | 2- LA County STD Program | | | | | | | | | | | |
| HIV/STD Prevention | Infocard: Gonorrhea sided | 2- LA County STD Program | | | | | | | | | | | |
| HIV/STD Prevention | Infocard: HIV/AIDS sided | 2- LA County STD Program | | | | | | | | | | | |
| HIV/STD Prevention | What Are Sexually Transmitted Diseases (STD's)? | KRAMES Health and Safety Education | | | | | | | | | | | |
| Immunizations | Be There For Your Child During Shots | Immunization Techniques | | | | | | | | | | | |
| Immunizations | Preteen Vaccine | California Department of Health Services | | | | | | | | | | | |
| Immunizations | Keep your child Healthy | LAC Collaboration w/PP's | | | | | | | | | | | |
| Injury Prevention | 0-6 months | California Center for Childhood Injury Prevention | | | | | | | | | | | |
| Injury Prevention | 7-12 mos | California Center for Childhood Injury Prevention | | | | | | | | | | | |
| Injury Prevention | 1-3 yrs | California Center for Childhood Injury Prevention | | | | | | | | | | | |
| Injury Prevention | 4-5 yrs | California Center for Childhood Injury Prevention | | | | | | | | | | | |
| Injury Prevention | 6-8 yrs | California Center for Childhood Injury Prevention | | | | | | | | | | | |
| Injury Prevention | 9-12 yrs | California Center for Childhood Injury Prevention | | | | | | | | | | | |
| Injury Prevention | 13-16 yrs | California Center for Childhood Injury Prevention | | | | | | | | | | | |
| Injury Prevention | 17-20 yrs | California Center for Childhood Injury Prevention | | | | | | | | | | | |

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| Injury Prevention-SIDS Prevention | Reduce the Risk of Sudden Infant Syndrome | NICHD.NIV.GOV | | | | | | | | | | | | | |
| Managed Care | Know Your Rights Fact Sheet | Health Consumer Center of L.A. | | | | | | | | | | | | | |
| Nutrition (LA0534) | Finding Your Balance/ Balance What You Eat With Exercise | L.A. Care Collaborative | | | | | | | | | | | | | |
| Nutrition | Healthy Foods for Children 6-10 | CHDP | | | | | | | | | | | | | |
| Nutrition | My Pyramid Worksheet | U.S. Department of Agriculture | | | | | | | | | | | | | |
| Nutrition/ Physical Activity | My Pyramid Miniposter, Steps to a Healthier You | U.S. Department of Agriculture | | | | | | | | | | | | | |
| Nutrition | Mypyramid.gov | L.A. Care Collaborative | | | | | | | | | | | | | |
| Nutrition | What is MyPyramid? | L.A. Care Collaborative | | | | | | | | | | | | | |
| Nutrition | Giving your baby the very best nutrition (0-5 mos) | Bright Futures | | | | | | | | | | | | | |
| Nutrition | Helping your baby grow (6-11mos) | Bright Futures | | | | | | | | | | | | | |
| Nutrition | Helping your toddler learn about food (1-2 yrs) | Bright Futures | | | | | | | | | | | | | |
| Nutrition | Teaching your child about food (3-4 yrs) | Bright Futures | | | | | | | | | | | | | |
| Nutrition | Helping your child eat healthy foods...(5-7 yrs) | Bright Futures | | | | | | | | | | | | | |
| Nutrition | Helping your child make healthy food...(8-10 yrs) | Bright Futures | | | | | | | | | | | | | |
| Nutrition | Helping your teenager make healthy...(11-21 yrs) | Bright Futures | | | | | | | | | | | | | |
| Parenting | Bathing your Newborn | KRAMES Health and Safety Education | | | | | | | | | | | | | |
| Parenting | Building Self-Esteem From Birth to 3 years old | L.A Care Health Plan Collaborative | | | | | | | | | | | | | |
| Parenting | Child Care for Young Children | L.A Care Health Plan Collaborative | | | | | | | | | | | | | |
| Parenting | Coping with Colic | KRAMES Health and Safety Education | | | | | | | | | | | | | |
| Parenting | How to Diaper | KRAMES Health and Safety Education | | | | | | | | | | | | | |
| Parenting | Lying for Children ages 3-5 | L.A. Care Collaborative | | | | | | | | | | | | | |
| Parenting | Mealtime Madness | L.A. Care Collaborative | | | | | | | | | | | | | |
| Parenting | Misbehavior & Discipline | L.A. Care Collaborative | | | | | | | | | | | | | |

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|---------------------------------------|---|------------------------------------|---------|---------|----------|---------|-------|-------|--------|---------|---------|------------|------------|
| Parenting | Sleeping | L.A. Care Collaborative | | | | | | | | | | | |
| Parenting | Temper Tantrums | L.A. Care Collaborative | | | | | | | | | | | |
| Parenting | Toilet Training | L.A. Care Collaborative | | | | | | | | | | | |
| Perinatal-Healthy Pregnancy (LA0535) | How to Have A Healthy Pregnancy Taking Care of Yourself During Pregnancy | L.A. Care Collaborative | | | | | | | | | | | |
| Perinatal | I'm Having a Baby What Do I Do? | | | | | | | | | | | | |
| Perinatal | Nutrition During Pregnancy | KRAMES Health and Safety Education | | | | | | | | | | | |
| Perinatal | What Is Prenatal Care? | KRAMES Health and Safety Education | | | | | | | | | | | |
| Perinatal-Tobacco | You Can Quit Smoking: Support and Advice from Your Prenatal Care Provider | USDHS Public Health Service | | | | | | | | | | | |
| Perinatal (LA0537) | Perinatal Care For A Healthy Life | L.A. Care | | | | | | | | | | | |
| Preventative Health Guidelines | How to Stay Healthy-ADULTS | L.A. Care | | | | | | | | | | | |
| Preventative Health Guideline | How to Stay Healthy-CHILD | L.A. Care | | | | | | | | | | | |
| Resources (LA0294) | Community Resource Directory (Limit 1) | L.A. Care | | | | | | | | | | | |
| Senior Health | Check for Safety | | | | | | | | | | | | |
| Staying Healthy/Anticipatory guidance | Tip Sheet: Infants, 0-3 Years | L.A. Care | | | | | | | | | | | |
| Staying Healthy/Anticipatory guidance | Tip Sheet: 4-8 Years | L.A. Care | | | | | | | | | | | |
| Staying Healthy/Anticipatory guidance | Tip Sheet: 9-11 Years | L.A. Care | | | | | | | | | | | |
| Staying Healthy/Anticipatory guidance | Tip Sheet: 12-17 Years | L.A. Care | | | | | | | | | | | |
| Staying Healthy/Anticipatory guidance | Tip Sheet: 18+ | L.A. Care | | | | | | | | | | | |
| Staying Healthy | Assessment Tool: 0-3 Years | SDHS | | | | | | | | | | | Hmong; Lao |
| Staying Healthy | Assessment Tool: 4-8 Years | SDHS | | | | | | | | | | | Hmong; Lao |
| Staying Healthy | Assessment Tool: 9-11 Years | SDHS | | | | | | | | | | | Hmong; Lao |
| Staying Healthy | Assessment Tool: 12-17 Years | SDHS | | | | | | | | | | | Hmong; Lao |
| Staying Healthy | Assessment Tool: 18+ Years | SDHS | | | | | | | | | | | Hmong; Lao |

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| STD Prevention | Take Care of Yourself to Avoid an STD | Univ. New England & Katahdin AHEC | | | | | | | | | | | |
| Substance Abuse | Tips for Teens: Alcohol | SAMHSA | | | | | | | | | | | |
| Substance Abuse | Tips for Teens: Club Drugs | SAMHSA | | | | | | | | | | | |
| Substance Abuse | Tips for Teens: Hallucinogens | SAMHSA | | | | | | | | | | | |
| Substance Abuse | Tips for Teens: Heroin | SAMHSA | | | | | | | | | | | |
| Substance Abuse | Tips for Teens: Inhalants | SAMHSA | | | | | | | | | | | |
| Substance Abuse | Tips for Teens: Marijuana | SAMHSA | | | | | | | | | | | |
| Substance Abuse | Tips for Teens: Steroids | SAMHSA | | | | | | | | | | | |
| Substance Abuse | Make Smart Choices: Avoid Tobacco, Alcohol & Drugs | Children's Health Fund - Healthy BASICS | | | | | | | | | | | |
| Substance Abuse | Teen Prescription Substance Abuse | LAC Collaboration w/PP's | | | | | | | | | | | |
| Tobacco Control & Prevention | Get Into Your Kids Head Here's How Plus Ways to help your Teen or Preteen Quit Smoking | CDC Los Angeles | | | | | | | | | | | |
| Tobacco Control & Prevention | Diabetes, Smoking and Your Health | CA Diabetes Program / CA Smokers Helpline | | | | | | | | | | | |
| Tobacco Control & Prevention | Guidelines for Treating Tobacco Use Ask, Advise, Refer Toolkit for Health Care Providers | Los Angeles County Tobacco Control & Prevention Program and L.A. Care Health Plan | | | | | | | | | | | |
| Tobacco Control & Prevention | Patient's Guide to Stop Smoking | Los Angeles County Tobacco Control & Prevention Program and L.A. Care Health Plan | | | | | | | | | | | |
| Tobacco Control & Prevention | I Quit CDC Smoking Teen | CDC Los Angeles | | | | | | | | | | | |
| Tobacco Control & Prevention-Prenatal | You Can Quit Smoking: Support and Advice from Your Clinician | USDHS Public Health Service | | | | | | | | | | | |
| Tobacco Control & Prevention | You Can Quit Smoking: Support and Advice from Your Clinician | USDHS Public Health Service | | | | | | | | | | | |
| Tobacco Control & Prevention | You Can Stop Smoking Now | AHEC/Care1st | | | | | | | | | | | |
| Tuberculosis | How to Prevent the Spread of Tuberculosis | KRAMS Health and Safety Education | | | | | | | | | | | |
| Tuberculosis | Tuberculosis Facts: TB Can Be Cured | CDC Los Angeles | | | | | | | | | | | |
| Tuberculosis | Tuberculosis Facts: Exposure to TB | CDC Los Angeles | | | | | | | | | | | |
| Tuberculosis | Tuberculosis Facts: Prevention | CDC Los Angeles | | | | | | | | | | | |

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| Tuberculosis | Tuberculosis Facts: Skin Tes | CDC Los Angeles | | | | | | | | | | | |
| Tuberculosis | Tuberculosis Facts: TB and HIV | CDC Los Angeles | | | | | | | | | | | |
| Weight Management | BMI Wheels (Limit 1 per order) | L.A. Care | | | | | | | | | | | |
| Weight Management | Adult Obesity Provider Toolkit | CMA Foundation, CA Association of Health Plans | | | | | | | | | | | |
| Weight Management | Child & Adolescent Obesity Provider Toolkit | CMA Foundation, CA Association of Health Plans | | | | | | | | | | | |
| Weight Management | Pre/Post Bariatric Surgery Provider Toolkit | CMA Foundation, CA Association of Health Plans | | | | | | | | | | | |
| Weight Management (LA0523) | My Easy Steps to a Healthy Weight | L.A. Care | | | | | | | | | | | |
| Weight Management (LA0524) | 3 Easy Steps to a Healthy Weight Poster (Limit 10) | L.A. Care | | | | | | | | | | | |
| Cultural & Linguistic Materials | | | | | | | | | | | | | |
| Interpreter Posters (LA0368) | Interpreter Posters (L.A. Care Members can get free intepreter services) | L.A. Care | | | | | | | | | | | |
| Managed Care Glossary of Terms | Managed Care Glossary of Terms | L.A. Care | | | | | | | | | | | |
| Total Quantity (Not to exceed 1000) | | | | | | | | | | | | | |

Thank you for your order.