

# Take Charge of Your Health and Wellness!

## HEALTH EDUCATION PROGRAMS AND SERVICES

*We all want better health. With help and support, your health goals, are within reach. You and your family can take advantage of a wide range of no-cost programs, services and tools to help you achieve better health.*

### Programs for all



#### **Feel good about your weight**

Our nutrition and physical activity resources can help you meet your weight goals. Maybe you'd like your clothes to fit better. Or, maybe you want to keep up with your children. Whatever your reason, we have the tools and support you need to learn to manage your body weight.



#### **Quit tobacco for good**

One of the best things you can do for your health is to quit tobacco – whether you smoke, vape or dip. It's also a great way to save money. Smokers spend about \$180 a month on cigarettes!

We know it isn't easy to quit, but you don't have to do it alone. We're here to help, with phone support, facts about how to quit and medicines to help cut your cravings.

Call Kick It California toll-free at 1-800-300-8086 (TTY: 711). Hours of operation are Monday–Friday, 7 a.m. to 9 p.m., and Saturday 9 a.m. to 5 p.m.



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## Programs for families and children



### **Give your baby a healthy start**

When you're pregnant, you have many questions. "How is my baby growing?" "How can I take care of myself?" "Is this normal?" Our healthy pregnancy program gives you answers, advice and support. See your doctor as soon as you know you're pregnant.



### **Mental health matters**

The way you think and feel may impact your overall health. Our mental health resources can help you learn more, feel better and live well.

## Find out more about other programs and services



### **Healthy Hearts, Healthy Lives - a self paced program**

Get a toolkit, which includes a workbook to help you have a healthy heart.



### **Learn more in health education classes**

Attend classes on various health topics to help you stay healthy.

Contact us by calling the toll-free phone numbers below:

### **Health Education Information Line**

1-800-804-6074 (TTY: 711)

Monday–Friday

9 a.m. to 5 p.m.

### **Member Services**

1-833-236-4141 (TTY: 711)

24 hours a day

7 days a week

### **Online**

[www.chpiv.org](http://www.chpiv.org)

Visit our health education materials library. We have articles on:

- Diabetes
- Asthma
- High blood pressure
- Immunizations (shots)
- Health screenings
- And, many more

This information is not intended as a substitute for professional medical care. Please always follow your health care provider's instructions. Programs and services are subject to change.