

BIH Helps Health Net Members and their Babies Live Healthier Lives

GET SUPPORT SERVICES AT NO COST

Health Net is happy to introduce our new community partner, California Black Infant Health (BIH). BIH has proudly served Black families for **more than 35 years** and is giving needed support to Health Net members at **no cost**. This partnership will help members make informed choices about how their baby can begin life healthy and strong. At the same time, BIH can empower members to live healthier lives.

Who can enroll

Members can enroll in BIH if they are:

- 1 Black or African American;
- 2 16 years old or older; and
- 3 Pregnant or gave birth in the past 6 months.

What BIH offers

California Black Infant Health (BIH) offers no-cost services that include:

- Group classes that help members make better health choices and lower stress.
- One on one support.
- Space to gather with other mothers and birthing people to discuss parenting and healthy relationships.
- Access to the BIH team who honor Black and African American history and culture.

How to enroll


As a Health Net partner, BIH will contact Health Net members who are eligible to enroll. Members will receive a text or call from BIH with more information.

Members can also self-enroll at the BIH website www.BlackInfantHealth.org. Or, scan the QR code here to complete an enrollment form.



Help us **share this message** with someone you know who is pregnant or just gave birth!



 Contact Health Net 24 hours a day, 7 days a week by calling toll-free: **1-800-675-6110 (TTY: 711)**.

Health Net Community Solutions, Inc. 21281 Burbank Blvd., Woodland Hills, CA 91367

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