

# Community Resource Centers

*The Community Resource Centers are open to both Health Net members and non-members. The centers offer no-cost local services and activities designed to support healthy living.*

## Health Net's Community Resource Center



### **SACRAMENTO**

#### ***Inside the Greater Sacramento Urban League***

3725 Marysville Blvd., Suite 160

Sacramento, CA 95838

1-916-309-2099 (TTY: 711), call rates may apply

Monday – Friday, 9:00 a.m. to 5:00 p.m.

### **LOS ANGELES**

5047 East Whittier Blvd.

East Los Angeles, CA 90022

1-323-415-9120 (TTY: 711), call rates may apply

1-877-698-7662 (TTY: 711), toll-free

Monday – Friday, 8:00 a.m. to 4:30 p.m.



## Services



### **WE'RE READY TO HELP YOU:**

- Understand your health plan
- Change doctors
- Schedule doctor's appointments
- Set up no-cost transportation or language services
- Connect to programs to help manage chronic health issues, or help with access to community resources
- Read and explain letters or emails from your health plan, doctor's office, or hospital
- Fill out forms to renew your Medi-Cal coverage every year

*(continued)*

## Activities, learning resources and support



**THE COMMUNITY RESOURCE CENTERS OFFER MANY NO-COST PROGRAMS FOR THE ENTIRE COMMUNITY, SUCH AS:**

- Helping people select a plan and enroll in all types of coverage.
- Health education workshops and wellness events:
  - Diabetes Prevention Program
  - Car seat / booster seat safety
  - Healthy cooking classes
  - How to manage high blood pressure
- Referrals to community programs for housing, food banks and shelters



*For help,  
call Member Services  
toll-free at  
**1-800-675-6110**  
(TTY: 711),  
24 hours a day,  
7 days a week.*

## Check out the center online



Visit the Community Resource Center page on [www.healthnet.com](http://www.healthnet.com) to view a monthly Calendar of Events.