

Health *Education*

Free programs and services for Health Net Medi-Cal and Dental members.

Health Education Programs and Services



To learn more, call Health Net's Health Education Information Line at 1-800-804-6074 (TTY: 711) or log in to www.healthnet.com/shp.

- **Fit Families for Life–Be in Charge!SM and Healthy Habits for Healthy People Programs** – Learn how to eat healthy and be active. Join to receive a free workbook, DVD, stretch band, and cookbook.
- **Pregnancy Matters®** – Get tips on having a healthy pregnancy, newborn care and more. Call Health Net as soon as you know you are pregnant.
- **Breastfeeding and Nutrition Support Line** – Talk to a nurse about breastfeeding and nutrition over the phone.
- **Kids and Teens Challenge** – Children and teens, 20 years and under, can join a weekly drawing to win a \$50 gift card after getting immunizations (shots), a well-care visit or dental checkup.
- **California Smokers' Helpline** – Quit smoking with phone support, education and medications.
- **Healthy Hearts, Healthy Lives Program** – Get a toolkit which includes a workbook, tracking journal and DVD to help you have a healthy heart.

- **Health Education Classes** – Attend classes on various health topics to help you stay healthy.
- **T2X** – Teens and adults can join fun health activities at www.t2x.me.

Health Education Resources

- **Health Education Materials** – Health topics include diabetes, asthma, weight control, immunizations (shots), health screenings, and more. Materials are available in different languages and alternative formats.
- **Health Net News** – A quarterly newsletter with health information mailed to Medi-Cal members.

Cultural and Linguistic Services

- **Interpreter Services** – Call 1-800-675-6110 to get interpreter services at no cost.
- **Community Advisory Committee** – Health Net values your feedback. Call 1-800-977-6750 to join in your area.

Staying Healthy Assessment

- **Medi-Cal Members** – Ask your doctor for the Staying Healthy Assessment form so your doctor can better understand your needs.

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.

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