

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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健康教育

免費為 Health Net Medi-Cal 和牙科會員提供的方案和服務。

健康教育方案和服務

- **終身保健家庭 — 由您一手掌握!**SM (Fit Families for Life—Be in Charge!SM) 以及提供給健康民衆的健康習慣方案 — 瞭解怎麼吃才健康和如何保持活力。加入即可收到免費的學習手冊、DVD、拉伸帶和食譜。
- **懷孕重要資料 (Pregnancy Matters®)** — 取得有關健康妊娠、新生兒照護等小秘訣。知道懷孕後請儘快致電 Health Net。
- **哺乳和營養支持專線** — 透過電話與護士討論哺乳和營養相關事宜。
- **兒童和青少年挑戰** — 年齡 20 歲及以下的兒童和青少年完成免疫接種 (注射)、保健看診或牙齒檢查即可參加每週抽獎，有機會贏得 \$50 面額禮物卡。
- **加州戒煙專線** — 藉由電話支持、教育和藥物戒煙。
- **健康的心臟，健康的生活方案** — 您可獲得有助您心臟健康的保健資訊工具，其中有學習手冊、追蹤日誌和 DVD。

- **健康教育課程** — 參加各種健康專題課程，幫助您常保健康。
- **T2X** — 青少年和成人可參加好玩有趣的健康活動，請上網 www.t2x.me。

健康教育資源

- **健康教育資料** — 包括糖尿病、氣喘、體重控制、免疫接種 (注射)、檢康篩檢等各種健康專題。資料備有不同語言版本和替代形式。
- **Health Net 新聞** — 季度新聞通訊，把健康資訊寄給 Medi-Cal 會員。

文化和語言服務

- **口譯員服務** — 致電 1-800-675-6110 免費取得口譯員服務。
- **社區諮詢委員會** — Health Net 非常重視您的意見。請致電 1-800-977-6750 加入您所在區域的委員會。

常保健康評估

- **Medi-Cal 會員** — 向您的醫師索取常保健康評估表，讓您的醫師更瞭解您的需求。



欲查詢詳情，
請撥打 Health Net
健康教育資訊專線
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(聽障專線：711)
或登入
www.healthnet.com/shp。