

# Health Education

PROGRAMS AND SERVICES AT NO COST FOR CALVIVA HEALTH MEMBERS

## Health education programs, services and resources



**Fit Families for Life – Be in Charge!<sup>SM</sup> Weight Control Program** – Learn how to eat healthy and be active. Join to receive a free workbook, stretch band and cookbook.



**Pregnancy Program** – Get tips on having a healthy pregnancy, newborn care and more. See your doctor as soon as you know you are pregnant.



**California Smokers' Helpline** – Get help to quit smoking by calling **1-800-NO-BUTTS (1-800-662-8887)**, Monday–Friday, 7 a.m. to 9 p.m. and Saturday, 9 a.m. to 5 p.m. You can get phone support, education and medications.



**Healthy Hearts, Healthy Lives Program** – Get a toolkit which includes a workbook to help you have a healthy heart.



**Diabetes Prevention Program** – This program gives you support and tools you need to lose weight and reduce your risk of getting type 2 diabetes and heart disease.



**Health education classes** – Attend classes on various health topics to help you stay healthy.



**T2X** – Teens and adults may log in to **www.t2x.me** and have fun learning about health.



To learn more, call CalViva Health's Health Education Information Line at **1-800-804-6074 (TTY:711)**, Monday-Friday, 9 a.m. to 5 p.m. or log in to **www.calvivahealth.org**.

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**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. You can also view health education materials on our website at [www.calvivahealth.org](http://www.calvivahealth.org).



**CalViva Health News** – A newsletter with health information is sent to Medi-Cal members.



**Interpreter services** – Call **1-888-893-1569 (TTY:711)** 24 hours per day, 7 days a week to get interpreter services at no cost.

## Staying Healthy Assessment



**CalViva Health members** – Ask your doctor for the Staying Healthy Assessment form so your doctor can better serve you.



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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