

## HEALTH EDUCATION SERVICES

### On-going programs

Program Title	Length	Language	Location	Q2
<b>Children's Weight Management</b> (7-12 years old)	4 weeks	Sp (parents) / E (children)	IRC	NA
<b>Adult Weight Management</b>	6 weeks	Sp	IRC	Spanish: 6/7/18 – 7/12/18
<b>Living Healthier and Happier with a Chronic Disease</b>	6 weeks	E, Sp, Mandarin, Cantonese	IRC and MP	English: 4/3/18 – 5/8/18 (MP) Spanish: 4/4/18 – 5/9/18 (MP)
<b>Diabetes Empowerment Education Program</b> (Pre- Diabetes and Diabetes Management)	6 weeks	E, S, Mandarin, Cantonese	IRC, MP, AV clinic	Mandarin: 6/25/18 - 7/30/18 (MP) Spanish: 4/4/18 – 5/9/18 (IRC)
<b>Healthy Eating</b>	1 session	Mandarin, Cantonese	MP	Mandarin: 5/4/18 (MP) Cantonese: 5/7/18 (MP)

\* IRC= Informational Resource Center in Huntington Park, CA; MP= Monterey Park office; AV: Antelope Valley Clinic (Palmdale)

### Individual counseling

In-person at IRC or MP	Telephonic
IRC (E, Sp) By appointment, once a month (323-586-0862)	Phone (E, Sp, Mandarin and Cantonese) By appointment Call Customer Care and ask for Health Education
Topics	
Heart Health Physical Activity	Weight Management General Nutrition Diabetes Tobacco cessation

## Health & Wellness Portal- Healthy Rewards Program

<https://care1st.cernerwellness.com>

Help member reduce risk factors for chronic conditions and manage current condition(s) through identification of risks and access to self-management tools. Available to all members. FREE. Limited functionality in Spanish.

- Member creates an account at <https://care1st.cernerwellness.com>.
- Member completes Personal Health Assessment (PHA) in order to gain access to portal.
- Member receives Health Risk report, which identifies member's health risks. Report includes recommendations to help member mitigate his/her risks. Report also includes links to recommended health workshops, a meal plan, and an exercise plan.
- Additional tools within the portal include:
  - food and exercise trackers
  - weight, blood pressure, glucose, and cholesterol logs
  - health brochures and videos
  - e-mail access to a Registered Dietitian and Fitness Trainer
  - access to health coach (phone and online)



### **2018 Healthy Rewards Program - PORTAL INCENTIVE PROGRAM**

- From **March 1, 2018 – November 30, 2018**, member can earn points for incentive prizes by:
  1. Completing PHA and writing Health Mission Statement
  2. Completing the activities in a chosen health track:
    - Eating to Live, Not Live to Eat
    - Get Moving
    - Mood Improvement
    - Anxiety Relief
    - Love Your Heart
    - Love Your Back
    - Take Control of Diabetes
- If member prefers not to follow a health track, member can still earn points by completing other listed activities.
- Member receives incentives when he/she reaches a set amount of points throughout the incentive period:
  - 1<sup>st</sup> aid kit
  - digital thermometer
  - \$10 gift card to CVS
  - chance to win one of two \$50 gift cards to Target
- If member is interested in program but doesn't have access to a computer or doesn't speak English, alternative activities are available.