

Take Charge of Your Health!

HEALTH EDUCATION PROGRAMS AND SERVICES

We all want better health. With help and support, your health goals are within reach. We have a wide range of no-cost programs, services and tools to help you and your family take steps toward better health.

Programs for Every Stage of Life



Feel good about your weight

Our nutrition and physical activity resources can help you meet your weight goals. Maybe you'd like your clothes to fit better. Or, maybe you want to keep up with your loved ones. Whatever your reason, we have the tools and support you need to learn to manage your body weight.



Quit tobacco for good

Quitting smoking and vaping is one of the best things you can do for your health. It's also a great way to save money. Smokers spend about \$309 a month on cigarettes!

We know quitting isn't easy, but you don't have to do it alone. We're here to help, with phone support, facts about quitting and medicines to help cut your cravings.

Call Kick It California toll-free at **1-800-300-8086 (TTY: 711)**. Hours of operation are Monday–Friday, 7 a.m. to 9 p.m., and Saturday 9 a.m. to 5 p.m.

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Give your baby a healthy start

If you are pregnant or planning to start a family, you may have many questions. How is my baby growing? How can I take care of myself? Is this normal? Our healthy pregnancy program gives you answers, advice and support. It's important to see your doctor as soon as you know you are pregnant or planning to start a family.



Mental health matters

Looking for ways to become happier and healthier? Available online and via phone app, our Teladoc Mental Health (Digital Program) offers tools to help you feel better and live well. You can sign up for this program at **www.teladochealth.com**.



High blood pressure and heart health

Do you have high blood pressure? Want to keep your heart healthy? You can make a difference in your health starting today! Use our resources to guide you in lowering your blood pressure and better heart health.



Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is 12-month long program focused on helping members lower their risk for diabetes through healthy lifestyle choices and weight loss. Diabetes Care Partners' (DCP) mobile app gives you access to a health coach and online classes.

Learn more at: **<https://dcphealthprogram.com/signup>**



Online health library

Want to learn more? We have health sheets, health videos, and interactive tools on many topics to help you. Visit **www.calvivahealth.org** today.



Contact us (toll-free) for health education information or questions about your Medi-Cal benefits:

**CalViva Health
Member Services
1-888-893-1569 (TTY: 711)
24 hours a day, 7 days a week**