

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 all



FEEL GOOD ABOUT YOUR WEIGHT

Having a healthy weight is about more than just counting calories. Our nutrition and physical activity resources can help you meet your weight goals. Maybe you'd like your clothes to fit better. Maybe you need to keep up with your grandchildren. Whatever your reason, we have the tools and support you need.



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 \$180 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 the California Smokers' Helpline toll-free at 1-800-NO-BUTTS/1-800-662-8887 (TTY: 711). Hours of operation are Monday–Friday, 7 a.m. to 9 p.m., and Saturday 9 a.m. to 5 p.m.



HEALTH EDUCATION CLASSES

Attend classes on various health topics to help you stay healthy.

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Programs for families and children



GIVE YOUR BABY A HEALTHY START

When you're pregnant, you 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. See your doctor as soon as you know you're pregnant.



KEEP TEENS GROWING STRONG!

Teens need a safe space to talk about the things they care about, like mental health, bullying, drug use or sexual health. You want to know they're getting correct information. With T2X, you'll both be happy and informed.

T2X is a social network for teens 13 years old and older. To join, go to www.t2x.me.

Find out more about other programs and services



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.



COMMUNITY ADVISORY COMMITTEE

Join a meeting to provide feedback on California Health & Wellness programs and services. Call toll-free: 1-800-804-6074 (TTY 711), Monday-Friday, 9 a.m. to 5 p.m. to sign up.

Contact us by calling the toll-free phone number below:

Health Education
Information Line with no-cost
Interpreter Services
1-800-804-6074 (TTY: 711)
Monday-Friday
9 a.m. to 5 p.m.

Online
www.cahealthwellness.com

Visit our health education materials library. We have articles on:

- Diabetes
- Asthma
- High blood pressure
- Immunizations (shots)
- Health screenings
- And, many more

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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