



A Public Entity

Inland Empire Health Plan



To: ALL PCPs
From: IEHP- Health Education
Date: December 3, 2021
Subject: **New! Healthy Heart Health Education Classes**

Inland Empire Health Plan (IEHP) is pleased to announce the new **Healthy Heart** Health Education Classes. This program is available virtually and intended to educate and support Members with hypertension by increasing their ability to make good decisions and healthy choices.

The 4 new **Healthy Heart** sessions are:

- **Knowledge is Power + React in Time to Heart Attack Signs:** Members will learn how the heart works, detect early signs of and how to prevent a heart attack and to ultimately make healthy lifestyle changes.
- **Get Energized! Say Yes to Physical Activity + Control Your Blood Pressure:** Members will learn about physical activities to improve heart health and how to control their blood pressure.
- **Keep Your Cholesterol in Check + Embrace Your Health: Aim for a Healthy Weight:** Members will learn about cholesterol, how it affects their health and choosing lifelong habits to maintain a healthy weight.
- **Protect Your Heart from Diabetes + Take Control of your Health: Live Tobacco Free:** Members will learn the negative effects of diabetes and tobacco on their heart and how to prevent them.

Provider Referrals may be submitted through the IEHP Provider Portal or Members can get more information or sign up by calling Member Services or going online to the Member Portal at www.iehp.org > Members > Healthy Living

As a reminder, all communications sent by IEHP can also be found on our Provider portal at: www.iehp.org > For Providers > Plan Updates > Correspondences

If you have any questions, please do not hesitate to contact the IEHP Provider Relations Team at: (909) 890-2054 or (866) 223-4347.