



*We heal and inspire the human spirit.*

**To:** All Riverside Area PCPs, Specialists & OBs  
**From:** IEHP- Health Education  
**Date:** October 27, 2022  
**Subject:** **Health Education Classes Available in Riverside Area**

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Inland Empire Health Plan (IEHP) is pleased to announce that **Health Education classes are available for all Provider-referred and self-referred Members**. Health Educational services, whether virtual or in-person, are available at no cost and offered on the following topics:

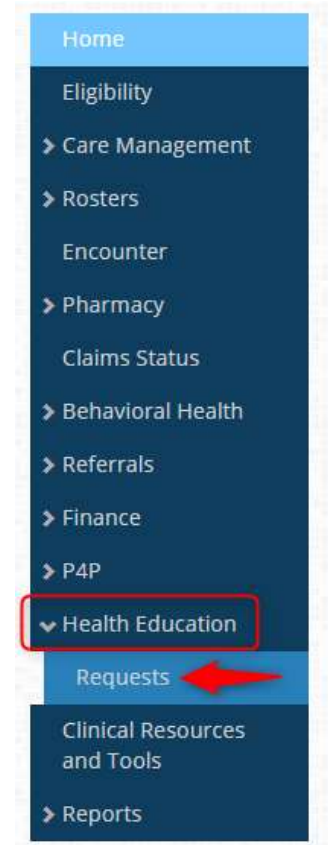
- **Weight Management (Eat Healthy, Be Active)**
- **Diabetes Management (Understanding Diabetes)**
- **High Blood Pressure (Healthy Heart)**
- **Advance Care Directives (My Life, My Choice)**
- **Asthma (Breathe Well, Live Well)**
- **Perinatal (Becoming a Mom)**
- **Benefits (Your Health and Wellness Benefits)**

In-person programming is offered regularly at the Riverside IEHP Community Resource Center, located at 3590 Tyler St, Riverside, CA 92503. Providers may refer a Member to our Health Education services via the Secure Provider Portal.

Members may also self-refer by registering online from their IEHP Health Account (or create a new account) at [www.iehp.org](http://www.iehp.org). Members without internet access can call IEHP Member Services for help at: **1-800-440-IEHP (4347)**

Once registered, Members will receive reminder letters two weeks prior to their session.

Thank you for your continued partnership in providing optimal care for our Members.



As a reminder, all communications sent by IEHP can also be found on our Provider Portal at: [www.iehp.org](http://www.iehp.org) > For Providers > Plan Updates > Correspondence

If you have any questions, please do not hesitate to contact the IEHP Provider Relations Team at (909) 890-2054, (866) 223-4347 or email [ProviderServices@iehp.org](mailto:ProviderServices@iehp.org)

# HEALTH & WELLNESS

COME  
JOIN US!



## IEHP Health Education Classes (Programs)

Inland Empire Health Plan (IEHP) is pleased to announce that Health Education classes are available for all IEHP Members. Participants can access Health Education services at no cost and are available virtually or in-person. Please see below for a list of topics offered and information on how to register:

- Weight Management (Eat Healthy, Be Active)
- Diabetes Management (Understanding Diabetes)
- High Blood Pressure (Healthy Heart)
- Advanced Care Directives (My Life, My Choice)
- Asthma (Breathe Well, Live Well)
- Perinatal (Becoming a Mom)
- Benefits (Your Health and Wellness Benefits)

### LOCATION:

**IEHP Community Resource Center-Riverside**  
**3590 Tyler St., Suite 101**  
**Riverside, CA 92503**

To register, visit:

Scan the QR Code or call Member Services at 1-800-440-4247



<https://www.iehp.org/about/upcoming-event>

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes Federales aplicables de derechos civiles y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o género. ATENCIÓN: Si habla español u otro idioma diferente al inglés, le ofrecemos los servicios gratuitos de un intérprete de idiomas. Llame al 1-800-440-4347 o al 1-800-718-4347 (TTY). IEHP 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：

如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY: 1-800-718-4347)。