

Health & Wellness

Learn how to live healthier



Live healthier

IEHP offers free health and wellness programs and classes to help you improve your physical, mental and social well-being.

Why should I enroll?

Learn new skills to help you practice healthy habits. These habits can help lower risks and prevent long-term health issues.

What will I learn?

Take a class or get materials on topics such as:

- Managing illness (examples: asthma, diabetes and high blood pressure)
- Prenatal care
- Early childhood and well-child
- Senior health
- Weight management
- Healthy living

How do I get started?

Step 1: Visit iehp.org and go to the “Learning Center” tab.

Step 2: Click on “Health Education for Members.”

Step 3: Choose your location to find class dates and times. You don’t have to sign up, but please come 10-15 minutes early, as classes are first come, first served.

Other ways to register?

Visit or create your My IEHP Health Account at www.iehp.org. Click “Login” to get started.

Scan to view class schedules.



Call Member Services at **1-800-440-IEHP (4347)**,
M-F, 7am-7pm, and Sat-Sun, 8am-5pm. TTY: **1-800-718-4347**

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