

# Improving Health & Wellness



## Live healthier: Join our programs and classes.

### How healthy are you?

Take our quick online Health Appraisal to learn where you stand.

**A.** Log in to the secure IEHP Member Portal. Or register if you're new. Scan the QR code on the back of this brochure to get started.

**B.** Select "Health & Wellness."

**C.** Choose "Health Appraisal."

### Get support to build healthy habits

After completing the Health Appraisal, you'll receive videos, lessons, and an action plan to help you reach your health goals.

IEHP also offers no-cost health and wellness programs and classes to support your physical, mental and social health.

### Sample no-cost classes include:

- Managing stress and weight
- Using digital devices and the internet for health information
- Managing diabetes, asthma or high blood pressure
- Quitting tobacco

### Choose classes & programs

**A.** Log in to the IEHP Member Portal.

**B.** Select "Health & Wellness."

**C.** Choose "Available Courses."

A new schedule is posted each month. Check the member portal for the latest dates and times.

### Learn about more health resources

Visit [iehp.org](http://iehp.org) and search "Managing My Health" for extra tools and information.



Scan here to log in to the member portal



### IEHP Member Services

1-800-440-IEHP (4347)  
TTY 1-800-718-4347

Monday-Friday, 7 a.m.-7 p.m.  
Saturday-Sunday, 8 a.m.-5 p.m.

Stay connected. Follow us!



*Note: The Health Appraisal is for members 18 and over with Medi-Cal or Covered California*