



A Public Entity

Inland Empire Health Plan

# IEHP HEALTH AND WELLNESS



*Live Healthier!*

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

### WHY SHOULD I ENROLL?

You will 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-Baby
- ♥ Senior Health
- ♥ Weight Management
- ♥ Healthy Living (examples: stress management, keeping a healthy heart and smoking cessation)

## HOW DO I GET STARTED?

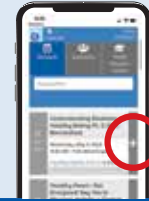
### STEP 1:

**It's easy.**  
Scan the QR code to visit our calendar of events.



### STEP 2:

**Find the class you want to take.**  
Then click the plus sign on the right side of the page for a link to enroll.



### STEP 3:

**Complete the form to enroll.**  
You should get an email to confirm for online classes and a mailed letter for in-person classes.



## OTHER WAYS TO REGISTER?

Register online from your My IEHP Health Account (or create a new account) at [www.iehp.org](http://www.iehp.org). If you don't have internet access, call IEHP Member Services for help.

IEHP Member Services: 1-800-440-IEHP (4347), Monday–Friday, 7am–7pm, and Saturday–Sunday, 8am–5pm. TTY users should call 1-800-718-4347.