



## PROGRAMS TO SUPPORT YOUR HEALTH & WELLNESS

Community First Health Plans offers free Health & Wellness Programs to help you understand your health, get support, and improve your well-being.

Earn gift cards and other rewards for participating and completing healthy activities!\*



**LEARN MORE AND JOIN AT:**  
[CommunityFirstHealthPlans.com/Health-and-Wellness-Programs](https://CommunityFirstHealthPlans.com/Health-and-Wellness-Programs)

*\*Limitations or restrictions may apply. Questions? Call **210-358-6055** or email **healthyhelp@cfhp.com** to connect with a Health Educator.*

## DIABETES IN CONTROL

### DIABETES MANAGEMENT PROGRAM

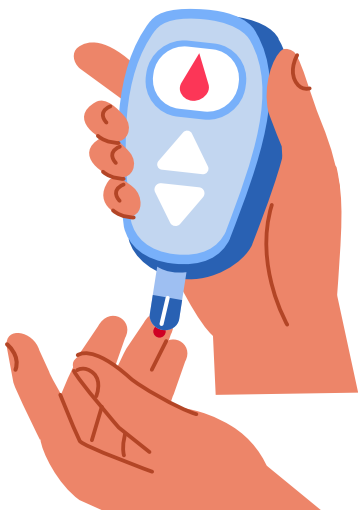
Diabetes shouldn't stop you or your child from enjoying life. **Diabetes in Control** can help you better manage your diabetes by teaching you healthy eating habits, how to monitor your blood sugar, how to take your medication correctly, and how to handle feelings and emotions related to your diagnosis.

**Who can join?** Community First Members of all ages who have been diagnosed with Type I or Type II diabetes.

#### Program benefits include:\*

- » Gift cards for completing diabetes education and screenings, like A1C tests and diabetic eye exams
- » Smart mat that checks foot temperature, helping to catch foot complications from diabetes before they get worse
- » Healthy cooking classes
- » Group fitness classes (in-person and virtual)
- » Home visits from a nurse
- » YMCA Diabetes Program, including YMCA family membership
- » Diabetes classes for men

**Take charge of your diabetes. Gain the knowledge, skills, and support you need to thrive!**



## ASTHMA MATTERS

### ASTHMA MANAGEMENT PROGRAM

If your or your child's asthma is hard to control and you need help identifying triggers or coming up with a plan to prevent asthma attacks, **Asthma Matters** can help.

**Who can join?** Community First Members of all ages who have been diagnosed with asthma.

#### Program benefits include:\*

- » Gift cards for completing asthma education and getting a flu shot
- » Gift cards for completing home visits with San Antonio Kids BREATHE, a free program that helps children with asthma and their families find and reduce triggers at home
- » Asthma kit with an aerosol chamber and mask
- » Allergy-free pillow protector and mattress cover
- » Asthma Action Plan to fill out with your doctor

**Asthma does not have to hold you back. Control your asthma, live your best life!**

## HEALTHY HEART BLOOD PRESSURE MANAGEMENT PROGRAM

**Healthy Heart** provides support and guidance to manage, monitor, and understand your blood pressure and improve your heart health.

**Who can join?** Community First Members of all ages who have been diagnosed with high blood pressure.

### Program benefits include:\*

- » Education about high blood pressure
- » Information about different types of blood pressure medication
- » YMCA Blood Pressure Management Program, including YMCA family membership
- » Blood pressure cuff
- » One-on-one support to quit smoking/tobacco
- » Group fitness classes (in-person and virtual)
- » Nutrition tips for a heart healthy diet
- » Stress management tips

*Your heart works hard for you – work harder for it!*

## HEALTHY MIND BEHAVIORAL HEALTH PROGRAM

If you or your child are feeling anxious, stressed, isolated, or depressed - you're not alone. Many people face mental health challenges and need support to feel better. **Healthy Mind** can help you find the care you need to feel like yourself again.

**Who can join?** Community First Members of all ages.

### Program benefits include:\*

- » Gift card for completing a follow-up visit after a mental health hospital admission
- » Help finding the right counselor, doctor, or mental health treatment
- » Mental health resources and education

*You know yourself and your child best. We can help you find mental health care support, therapy, or treatment that works for you.*

## HEALTHY LIVING HEALTHY LIFESTYLE MANAGEMENT PROGRAM

You can live a healthier life by making small changes, one step at a time. If you're ready to focus on yourself and form new, healthy habits that last a lifetime, **Healthy Living** can help.

**Who can join?** Community First Members of all ages working toward living a healthier lifestyle who can benefit from extra support.

### Program benefits include:\*

- » YMCA Weight Loss Program, including family YMCA membership
- » Gift card rewards for getting women's health preventive screenings
- » Group fitness classes (in-person and virtual)
- » One-on-one support to quit smoking/tobacco
- » Education on topics like stress management, sun safety, and water safety

*Every day is another chance to get stronger, eat better, live healthier, and be the best version of you.*



## HEALTHY EXPECTATIONS MATERNITY PROGRAM

Let's get you and your baby off to a healthy start!

**Healthy Expectations** provides extra benefits and support for mothers during and after pregnancy.

**Who can join?** Pregnant Community First Members.

### Program benefits include:\*

- » Gift cards for completing prenatal and postpartum checkups
- » Baby items, like a car seat or pack & play, diaper bag filled with baby items, and more
- » Gift card for getting your flu shot while pregnant
- » Mommy & Me Baby Shower to celebrate your new addition, plus a gift card for attending
- » Reimbursement for birthing classes or toward a pregnancy-related item
- » Pregnancy, postpartum, and newborn education
- » Help keeping up with your prenatal appointments, including transportation
- » Resources to help you get the things you need during your pregnancy and after
- » Breastfeeding support and resources
- » One-on-one support from a Health Educator who can work with you and your doctor
- » Help to quit smoking, alcohol, or drugs
- » Help choosing a doctor and hospital for delivery
- » 4th Trimester classes on postpartum self-care, newborn care, breastfeeding, and car seat safety
- » Mental health support for postpartum depression
- » Maternal Health Community Club offering additional support and connection

*Every mother, everywhere, deserves to have a healthy pregnancy and childbirth.*

If you need additional support, Community First offers free Case Management services to all Members. A Community First Case Manager can coordinate your care, advocate for your needs, and connect you to resources in the community that can help.



**SCAN TO TAKE  
OUR HEALTH  
SURVEY!**



## JOIN OUR PROGRAMS!

Take our Health Survey to find out what program best fits your health needs. Earn a gift card just for completing the survey! Limitations and restrictions apply.

Questions? Call 210-358-6055 or email [healthyhelp@cfhp.com](mailto:healthyhelp@cfhp.com) to contact a Health Educator who can help you join or opt out of a program at any time.