



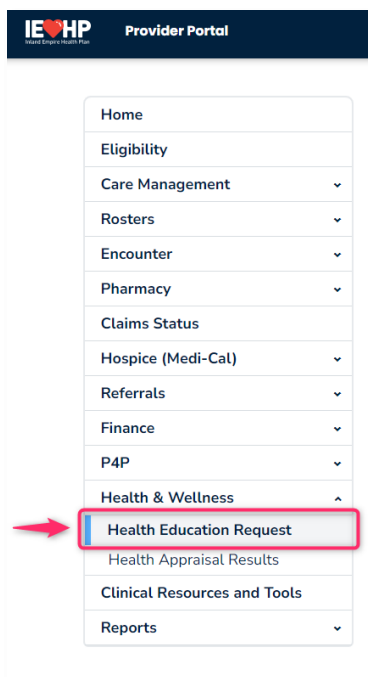
We heal and inspire the human spirit.

To: All PCPs, Specialists & IPAs
From: IEHP Health Education, Promotion & Prevention
Date: April 28, 2025
Subject: REMINDER: Free Health Education Classes for Members

Health Education classes are designed to provide members with information and applicable skills to promote overall health and well-being and support behavioral change to better manage chronic conditions and delay associated complications.

Health Education support includes:

- Group health education classes focused on diabetes, hypertension, asthma, weight and stress management, tobacco cessation, and perinatal.
- Clinical health educators supporting members ready to apply the concepts presented in the group health education classes. They assist Members with formulating SMART goals and specific action steps. Clinical health educators also provide group classes that demonstrate and validate the proper use of Durable Medical Equipment (blood pressure, glucometer, inhalers, peak flow meters).



CALL TO ACTION: To refer a member, log in to the Provider Portal, choose the **Health & Wellness** tab, select **Health Education Request**, and populate the appropriate topic option in the **Program Requesting** section. (Health Education classes do not require authorization). After submitting a request, allow 14 business days to check on the status of the member's enrollment which can be viewed under "Referrals".

For more information about the offered classes, visit: [IEHP - Resources : Resources for Members : Health and Wellness](#) or [ProviderServices.iehp.org](#) > Resources < Resources for Members > Health and Wellness

Program Requesting

Please select the topic(s) that the Member can benefit from learning at this time. To ensure Member's success, it is recommended that you select no more than 2 topics at a time.

<input type="checkbox"/> Advance Care Directive	<input type="checkbox"/> Asthma	<input type="checkbox"/> Diabetes Self-Management
<input type="checkbox"/> Early Childhood (0-5 years)	<input type="checkbox"/> Health Navigation	<input type="checkbox"/> Healthy Heart
<input type="checkbox"/> Perinatal Health	<input type="checkbox"/> Tobacco Cessation	<input type="checkbox"/> Weight Management

If you have any questions, please contact the IEHP Provider Call Center at (909) 890-2054, (866) 223-4347 or email ProviderServices@iehp.org.

All IEHP communications can be found at: providerservices.iehp.org > News and Updates > Notice