









# Health and Wellness Services

CalOptima Health members can get health and wellness services at no cost. We offer programs to help manage several health conditions.

- Asthma 
- Cholesterol 
- Diabetes 
- Heart disease 
- High blood pressure 
- Nutrition 
- Preventive screenings 
- Pregnancy 
- Tobacco cessation 
- And many more

## Support is offered through:

- One-on-one coaching 
- Group classes 
- Mailed health education materials 
- Health videos by scanning the QR code 

Visit us at [www.caloptima.org/healthandwellness](http://www.caloptima.org/healthandwellness) or call 1-888-587-8088 (TTY 711), Monday through Friday, from 8 a.m. to 5:30 p.m. Providers can get a referral form at [www.caloptima.org](http://www.caloptima.org) under the Providers tab.

CalOptima Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.