

What is Health in Motion™?

Health In Motion™ (HIM) program offers effective and engaging health education services directly to L.A. Care members. These programs are structured efforts designed to provide information, resources, and support to make informed health decisions and adopt healthier behaviors.

There are several ways members can access these services. When we receive a referral, our intake department will call the member so that together we can determine the best fit.

We offer lifestyle advice and basic education for:

- Asthma management
- COPD management
- Diabetes prevention
- Fall prevention
- Heart health
- Healthy eating
- Stress management
- Women's health
- Pregnancy and postpartum self-care

HIM Health Education consultations offer in-person or virtual workshops and telephonic consultations tailored to individual health needs. We also work in collaboration with the Community Resource Centers and refer to their classes when appropriate.

To get started you can use our [Health Education referral form](#) to link your patients with our services. We recommend you focus on 1-2 services at a time.

lacare.org/providers/forms-manuals
Just click on "Health Education Forms"



We support cultural competence, health equity and health literacy

We offer medically accurate, culturally sensitive, and linguistically appropriate written health education materials. To order at no cost, visit our self-service portal. If you don't see the language your patients need, email us to request materials in your patient's preferred language or alternative formats.

Health Education and Cultural Linguistics Materials Portal visit at healtheducation.icolorprinting.ds.pressero.com

Did you know we have these resources for our members?

A comprehensive audio reference library available 24/7, providing insights into common and chronic health conditions.

- Nurse Advise Line; Health Education Audio Library (HEAR)
lacare.org/HEAR

Engaging video content covering a wide range of health topics.

- Health and Wellness Videos
lacare.org/wellnessvideos

A dedicated online resource offering program and service information.

- Healthy Living Webpage
lacare.org/healthy-living

Education interventions designed to improve members' ability to access and use health information online, including telehealth.

- Digital Health Literacy
medicare.lacare.org/members/digital-health-literacy

Thank you for partnering with us in promoting the health and well-being of our members. For further information, please contact our Health Education Department. **1.855.856.6943**
Monday – Friday 9am to 4pm



Access more information on our services and request forms directly via our Provider Tools and Toolkits page lacare.org/HECLInfo



Health Education Services Menu

Welcome to our L.A. Care Health Plan Health Education Department Services Menu. Here you will find information on our services. They are designed to support the health and well-being of our members and assist healthcare providers in delivering comprehensive care. Your knowledge and use of these services can help improve the patient experience in your practice.

Our registered dietitians, health educators, and partners offer

Maternity Care Programs

- ❖ **Breastfeeding Promotion:** Annual campaign promoting the benefits of breastfeeding and providing support resources to hospitals and mothers.
- ❖ **Doula Services Benefit:** Aims to improve perinatal experiences and outcomes by providing support services throughout pregnancy, birth, and the postpartum period. lacare.org/providers/forms-manuals
- ❖ **Healthy Mom:** Emphasizes the importance of postpartum visits and assists in scheduling appointments with provider within 7-84 days (1-12 weeks) after delivery. Eligible members may earn a \$40 incentive for attending their postpartum visit.
- ❖ **Healthy Pregnancy:** Health education materials are mailed to identified pregnant members to provide essential resources and guidance throughout their pregnancy journey.
- ❖ **Transitional Care for Birthing Individuals:** Supports Medi-Cal pregnant or postpartum members (up to 12 months) after a facility discharge. Includes scheduling follow-up visits and connecting to resources like behavioral health, doula services, and Meals as Medicine.
- ❖ **L.A. Cares About High Risk Pregnancy***

Therapeutic/Clinical Ancillary Services

These services require a services authorization form from the treating provider. Find the forms at lacare.org/providers/forms-manuals

- ❖ **Medical Nutrition Therapy (MNT):** Nutrition-based treatment provided by registered dietitians to manage various health conditions effectively.
- ❖ **Meals as Medicine (MAM):** Offers home-delivered, medically-tailored meals to eligible members to support their health and recovery.

Respiratory/Flu/COVID

- ❖ **Fight the Flu and Covid:** Targeted efforts such as our Fight the Flu and Covid Campaign to promote vaccination and preventive measures.
- ❖ **L.A. Cares About Asthma***
- ❖ **L.A. Cares About COPD***

Weight Management & Healthy Living Programs

- ❖ **Adult Weight Management:** Holistic programs offering tools, resources, and support to achieve and maintain a healthy weight.
- ❖ **Pediatric Healthy Lifestyle (PHL):** Workshops and educational sessions for ages 2 to <18 y/o focused on preventing childhood obesity.
- ❖ **L.A. Cares Tobacco Free Program:** Members who have been identified as tobacco users will receive health education mailings that include smoking cessation health education materials and community resources that offer free in-person education and over the phone counseling provided by Kick it CA.

***Condition Support Programs**
Identified members receive a letter with information encouraging them to contact us if they are open to receiving health education materials specific to their condition.

Diabetes and Chronic Kidney Disease Programs

- ❖ **Diabetes Prevention Program (DPP):** Members receive a flyer with information about Diabetes Care Partners to directly enroll in lifestyle change programs, aiming to prevent or delay type 2 diabetes.
- ❖ **Diabetes Self-Management Education and Support Program (DSME):** An ADA recognized program consisting of 4 sessions to teach diabetes self-care.
- ❖ **L.A. Cares About Diabetes***
- ❖ **L.A. Cares About Chronic Kidney Disease (CKD)***



We make access to online health education easy.

We pride ourselves on our digital competency, offering an online wellness portal for member's convenience. *My Health In Motion™* (MyHIM) is a comprehensive wellness platform providing disease prevention information, self-assessment tools, educational modules, and online health coaching.

My Health In Motion™ has features to help members learn about health topics and health goals such as:

- ❖ A wellness assessment followed by a personal health report
- ❖ Health trackers with ability to connect to devices like Fitbit
- ❖ Interactive online health workshops
- ❖ A chat feature and calendar to set appointments with our health coach
- ❖ A digital health information library

L.A. Care Covered™ members who complete the health assessment, workshops, and other activities may be eligible for gift card incentives.

Members can sign in at lacare.org by clicking "Member Sign in" then the "My Health In Motion™" tab.



Did you know, we help members access the wellness portal by guiding them through the process over the phone? To get started just select *My Health In Motion™* on the health education referral form.

