



Health education programs for UnitedHealthcare Community Plan of California

UnitedHealthcare Community Plan of California offers a variety of health education programs to encourage self-management, help improve health outcomes and empower members to make healthy lifestyle changes for our members. These programs include health education tools and resources such as websites, interactive mobile apps and newsletters that provide routine appointment frequency, necessary testing, monitoring and self-care recommendations.

For questions about our health education programs, please call 866-782-2037 or email uhchealthed@uhc.com.

Program	Description
 Healthy First Steps®	Encourages pregnant women and new mothers to attend their prenatal, post-partum and well-baby appointments. Members can register at uhhealthyfirststeps.com . Members can call 800-599-5985, TTY 711, to get support throughout their pregnancy.
 Text4Baby	Sends weekly health reminders by text message that match a member's stage of pregnancy. Members can sign up by texting the word BABY or BEBE to 511411. Members get text messages at no cost.
 Care Coordination Program	Provides health education based on targeted needs related to improving member health. This program is part of the care coordination process.
 Diabetes Prevention Program	Encourages healthy behaviors for members at high risk for type 2 diabetes by increasing physical activity and weight loss through lifestyle changes.
 Health Education Resource Library	Members can access and download health education materials at myuhc.com/communityplan . Print materials for your office by completing the Health Education Order Form. Materials are available upon request in large print, braille or non-threshold languages.
 Health Education Classes	UnitedHealthcare partners with Champions for Health to sponsor health education classes about various topics. The classes are offered to our members and the community at no cost.
 Self-Service Tools	Provides access to health and wellness information, and reminders on important health topics at myuhc.com ®. For information on health topics for and about kids, visit KidsHealth at kidshealth.org .
 Targeted Newsletter	Covers different topics such as asthma, diabetes, high blood pressure and healthy living. Members can access the newsletters online at myuhc.com/communityplan .