

JOIN These FREE Classes

Tools for Living Well:

Learn how to care for someone who has been diagnosed with a chronic or terminal illness or how to live more comfortably when you are the patient. This program will help improve your well-being and decrease hospitalization.

Smoking Cessation Classes

Learn how to stop smoking and reduce the risk of cancer, heart disease, emphysema, bronchitis and reproductive complications.

Weight Management Classes

Learn how to lose pounds and maintain a healthy weight. Classes include a complete guide to weight loss, lifestyle changes, nutrition management, tools and tips for determining ideal weight.

**For more information, contact a
USFHP health educator at
1-866-391-1870.**

USFHP health educators make scheduled visits to all Johns Hopkins Community Physicians locations. Call to learn when we will be at your doctor's office.

For more information and a free gift, visit our Web site:
hopkinsmedicine.org/usfhp/education/



US Family Health Plan at Johns Hopkins
Health Education Program
6704 Curtis Court
Glen Burnie, MD 21060
1-866-391-1870

Good *for* YOU

US Family Health Plan
at Johns Hopkins

Health Education Program



Welcome to the US Family Health Plan Health Education Program

As a member of the US Family Health Plan, you are eligible to use the new USFHP Health Education Program developed by Johns Hopkins Health Care. This comprehensive program provides skills, information and tools to help people of all ages improve overall health and reduce the risk of disease.



USFHP health educators work to help you understand your personal health needs and to make good choices that will contribute to a fuller and more active lifestyle.

Free informational materials and one-on-one counseling are available on these and other topics:

General Wellness

- Adult Health
- Child Health
- Nutrition
- Healthy Pregnancy
- Heart Health including Blood Pressure

Management

- Cholesterol Management
- Immunizations
- Diabetes
- Cancer Prevention
- Physical Activity
- Preventive Screenings
- Smoking Cessation
- Stress Management
- Weight Management

Complex Health Issues

For members having specific health issues or more complex needs, USFHP health educators work directly with other Johns Hopkins departments, including:

- Quality Improvement
- Care Management
- Provider Relations
- Customer Service

What Are Health Educators?

Health educators are trained professionals who provide health-related information and may specialize in specific health concerns or illnesses. To help improve the health of all people, they design, conduct and evaluate activities that can take place in a variety of settings, including schools, community centers, health care facilities, businesses, and government agencies.

Certified health education specialists have met the standards of competence established by the National Commission for Health Education Credentialing Inc.

Mission

We help USFHP members improve their overall wellness by providing information, guidance, and assistance that will lead them toward a healthier and happier lifestyle.