



Fit Families for Life – *Be in Charge!*SM Weight Control Program Update

Home Edition program resource still available under Fit Families for Life

As of January 1, 2019, Health Net's* pediatric Coaching program and the Breastfeeding and Nutrition Support Line are no longer resources under Fit Families for Life – *Be in Charge!*SM. Members referred to these programs will automatically be connected with the Home Edition program resource.

THE HOME EDITION PROGRAM

This is a five-week, home-based family intervention program. It guides members to make better food choices and increase physical activity.

The program offers a:

- Cookbook
- DVD – includes nutrition education and easy-to-follow exercise sections. The exercises are designed for different levels of physical activity.
- Exercise stretch band
- Workbook

The DVD is available in –

- ✓ English
- ✓ Sign language
- ✓ Spanish
- ✓ Closed captioning

REFERRALS

Refer members to the Home Edition program using the current provider referral form until further notice. The form is available in the Provider Library under *Forms > Fit Families for Life – Be in Charge – Program Referral Form*.

ADDITIONAL INFORMATION

Contact the Health Net Health Education Department at 1-800-804-6074 for more information.

Relevant sections of Health Net's provider operations manuals have been revised to reflect the information contained in this update as applicable. Provider operations manuals are available electronically in the Provider Library, located on Health Net's provider website at provider.healthnet.com.

THIS UPDATE APPLIES TO CALIFORNIA PROVIDERS:

- Physicians
- Participating Physician Groups
- Hospitals
- Ancillary Providers

LINES OF BUSINESS:

- HMO/POS/HSP
- PPO
- EPO
- Medicare Advantage (HMO)
- Medi-Cal
 - Kern
 - Los Angeles
 - Molina
 - Riverside
 - Sacramento
 - San Bernardino
 - San Diego
 - San Joaquin
 - Stanislaus
 - Tulare

PROVIDER SERVICES

1-800-675-6110
provider.healthnet.com

PROVIDER COMMUNICATIONS

provider.communications@healthnet.com

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