

## WINTER 2016

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HEALTH EDUCATION CLASSES  
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## IMPORTANT!

*Be sure to call PHC's Member Services Department for any changes to your private health insurance plan through your work, private pay, or Senior Advantage health plan. Changes that are not reported could cause a delay when filling prescriptions or seeing your doctor.*

**Address change?  
New phone number?  
Let us know.**

PARTNERSHIP



HEALTHPLAN  
of CALIFORNIA

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## Start Your New Year on the Path to Better Health!

### Make smarter Food Choices

The goal of Choose My Plate is not to give a specified dietary program to address any particular physical or health related condition. The goal of Choose My Plate is to help Americans make smarter food choices from each food group represented. To strike a balance between food and physical activity that helps to use the food for energy. To stay within suggested daily calorie needs and to get more nutrition from the calories that you consume.

Choose My Plate describes a healthy diet as one with a focus on:

- Vegetables
- Fruits
- Fat-free or low-fat milk
- Milk products, as well as whole grains

Choose My Plate food guidelines suggest more lean meat consumption, nuts, eggs, beans, fish, and poultry. It includes a diet that is low in Trans Fats, saturated fats, cholesterol, and added sugars and salt.

Source: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) ❖

### The Colors in My Plate

Colors in My Plate is made of four sections with the colors orange, green, purple, and red, plus a side order in blue. Each color represents a specific food group. It provides certain nutritional benefits. This plate model shows the value of a varied diet with foods from each food group. The purpose with this plan is to help people make healthier and smarter food choices. Let's see what each color in Colors in My Plate stands for:

- Orange stands for the grain group – “Make at least half your grains whole.”
- Green stands for the vegetable group – “Vary your vegetables.”
- Red stands for the fruit group – “Focus on fruits.”
- Purple stands for the protein foods group – “Go lean with protein.”
- Blue stands for the dairy group – “Get your calcium rich foods.”

Source: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) ❖



## 15 Easy Ways to Eat Healthier

- Dates are a great way to naturally sweeten smoothies and shakes
- Put fruit compote on pancakes or waffles instead of butter and syrup
- Upgrade sandwiches by spreading them with avocado instead of mayonnaise
- Swap crispy baked zucchini for the usual fries
- Snack on frozen grapes instead of candy or cookies
- Cut the fat in dip way down by using Greek yogurt
- Use Greek or regular yogurt instead of mayonnaise in tuna, chicken, and egg salad
- Use potatoes or cashews (instead of cream) to make blended soups smooth and creamy
- Use oatmeal instead of breadcrumbs to make healthier meatballs and meatloaf
- Peel zucchini into ribbons to make healthy veggie spaghetti
- You can thinly slice zucchini or eggplant to make pasta-free lasagna
- Try using lettuce to wrap tacos instead of tortillas
- Avocado is a great substitute for butter in baking
- Applesauce can replace oil (and some sugar) to make healthier cakes
- Instead of drinking soda, add cucumber, lemon, or mint to carbonated water ❖

## Exercising Is Important, Especially When It Feels Difficult

There are many types of exercises for all ages. To make sure you exercise every day, try something that seems fun. You should try to exercise for at least 30 minutes a day. Don't be afraid to try something new. You can never fail. Just by moving your body, you have won!

If you were good at sports in your younger days, you may find it difficult to start exercising now that you're older. But when you are in your 50s, it is extra important to move your body. During this period of life, many people spend too much time watching TV, eating wrong foods, and gaining weight.

Now is the time to start doing something else in your life and start looking for a physical activity you find fun. It may feel hard in the beginning, but it will soon get easier. Before you know it, you will enjoy the extra energy that you will gain from exercising.

www.choosemyplate.com ❖

## Healthy Recipes to Try!

### Cauliflower Fried Rice



#### Ingredients

2 cups frozen peas	2 cloves garlic, minced
½ cup water	20 ounces shredded cauliflower
¼ cup sesame oil, divided	6 tablespoons soy sauce
4 cups cubed pork loin	2 eggs, beaten
6 green onions, sliced	
1 large carrot, cubed	

#### Directions

1. Stir peas and water together in a saucepan; bring to a boil, reduce heat to medium-low, and cook and stir until peas are tender and heated through, about 5 minutes. Drain and discard water.
2. Heat 2 tablespoons sesame oil in a wok over medium-high heat. Cook and stir pork in hot oil until lightly browned on all sides and cooked through, 7 to 10 minutes. Transfer meat to a plate.
3. Heat remaining 2 tablespoons sesame oil in the wok. Sauté green onions, carrot, and garlic in hot oil until just softened, about 5 minutes. Add cauliflower; cook and stir until cauliflower is tender but firm to the bite, 4 to 5 minutes.
4. Stir pork and soy sauce into cauliflower mixture and stir-fry until mixture is hot and slightly browned, 3 to 5 minutes.
5. Move pork-cauliflower mixture to one side of the wok; pour beaten eggs onto empty side. Scramble eggs until cooked through, 3 to 5 minutes; stir cooked eggs into the pork-cauliflower mixture, breaking up any large chunks.

### Cauliflower Pizza



#### Ingredients

1 pound cauliflower florets
2 eggs

#### Directions

1. Preheat oven to 400°F.
2. In a food processor, process cauliflower until finely chopped.
3. In a microwave-safe bowl, cook cauliflower for five minutes or until tender. Place cauliflower in a towel, and squeeze out excess water so it is completely dry.
4. In a bowl, mix egg and cauliflower until well-combined.
5. On a parchment-lined baking sheet, spread cauliflower dough out until it resembles a pizza round. Bake for 40 minutes. - Remove from oven and allow to cool.
6. Top however you want and bake in a 450°F oven for 7 minutes or until cheese and toppings have baked. If you are adding any type of meats, e.g. chicken or pepperoni, make sure it is cooked thoroughly before applying.

### Eggs and Banana Pancakes



#### Ingredients

2 eggs
1 ripe banana
Cooking spray for pan

#### Directions

1. Mash ripe banana well and whisk in eggs.
2. Warm nonstick or cast iron pan to medium, spray with oil. Cook silver dollar size pancakes 30 seconds on each side and serve.



## Smoking-What Does it Do to Your Body?

The effects of smoking are serious. It can harm nearly all organs of your body. It causes nearly one of every five deaths in the U.S. each year.

When you smoke or chew tobacco, nicotine quickly goes into your blood. Within 10 seconds of going in your body, the nicotine goes into your brain. The brain releases a chemical that gives you a feeling of pleasure and energy. This feeling lasts a short time and can leave you feeling tired and a little down. You want to feel “good” again — so you light up one more cigarette.

Your body needs more and more nicotine to give you that “good” feeling so you smoke more to feel “good” and to stop withdrawal symptoms.

This up and down cycle repeats over and over, leading to a craving for more and more cigarettes. This craving keeps people smoking even when they want to quit. Stopping this craving is harder for some people than others. Many people need to try more than once to quit so don't be upset if you cannot quit the first time. Just keep trying.

### How Does Smoking Affect My Health?

- Heart: heart attacks, other heart problems
- Blood Pressure: it could make your blood pressure go up and be harder to control causing a stroke
- Lungs: coughing a lot of the time (smoker's cough), problems getting enough air in and out of your lungs, if you have asthma it can make your asthma worse
- Bones: bones weaken and may break
- Eyes: a clouding of the eye causing vision loss
- May make it hard to get pregnant

### Do Cigarettes Cause Cancer?

Cigarettes have more than 7,000 chemicals - about 70 of them are known to cause cancer. Smoking is the number one reason people get lung cancer. Smoking can cause problems to your whole body including:

- Lung cancer
- Bladder cancer
- Blood cancers
- Cancer of the mouth, nose, and throat
- Kidney and stomach cancer

### How Can I Quit?

#### Talk to Your Doctor about Getting Help

Quitting “cold turkey” isn't your only choice. Talk to your doctor about other ways to quit.

Most doctors can answer your questions, give advice, and suggest medicine(s) to help with the cravings. For some of these medicines you will need a prescription, others you can buy on your own.

#### It is never too late to quit smoking

Quitting smoking is one of the most vital things a person can do to improve how they feel.

If you are on Medi-Cal, you may be able to get nicotine patches free from PHC when obtained from a pharmacy.

Ask your doctor to refer you to the “Quit Smoking Program.” It includes the smokers Helpline, **1-800-NO-BUTTS**, for free tobacco counseling services. The Helpline is a FREE phone program that can help you quit smoking. It offers help in several other languages. The Helpline counselors are trained and caring experts that will help you quit. Calling the Helpline doubles your chance of quitting! ❖

## Make Your Wishes Known

Most people aren't comfortable talking about dying. But for every adult, it is important to spend a little time on this unpleasant subject. Specifically, we all need to decide what we want to happen when we get near the end of our lives, and we need to put our wishes in writing. We need to fill out what is called an Advance Directive.

Advance Directives lets us do two things. One, is to say how much medical treatment we wish to have when the end is approaching. Two, it lets us name which family members or friends we want to make decisions for us if we cannot make decisions for ourselves.

Both issues are very important. Each person has the right to make their own decision about how much or how little intervention they want at the end of life. There is no right or wrong answer for everyone. Each of us needs to have a trusted decision-maker who can work with our doctors when we cannot. This situation can easily happen to anyone who becomes gravely ill.

Not long ago, in a large survey of California residents, 70% of people said they would prefer to die at home. But only 32% of people do die at home. The main reason for this is that too many people have not put their own wishes in writing by filling out an Advance Directive.

Advance Directive forms can be found at your doctor's office and on PHC's website (<http://www.partnershiphp.org/Members/Medi-Cal/Pages/California-Advance-Health-Care-Directive.aspx>). Please consider filling one out and talk with your family about your personal wishes. Make copies of your Advance Directive for your doctor and family. You can always change your Advance Directive if your situation changes or your wishes for care change. If you are not sure how different choices might impact your quality of life, talk it over with your doctor. ❖

## Managing Pain Safely Initiative

You have heard the stories - families and communities are suffering because loved ones are misusing opioid pain medicine (like OxyContin, Vicodin, Norco, etc.).

There were 16,235 accidental deaths in 2013 from taking pain pills. It was more than heroin and cocaine combined.

Last year we teamed up with doctors, clinics, pharmacies, and communities to start the Managing Pain Safely Initiative. The main goal of this initiative is to make sure pain pills are used more safely.

Doctors and prescribers working in clinics and emergency rooms in the counties we serve joined these efforts. PHC has seen a **40% drop** in the use of long-acting pain medication among its members.

In April, we started supporting doctors to help patients who take high doses of pain pills to reduce to a safer level. Exceptions are made when patients have a medical reason to need high doses, such as those with cancer pain. Options to help people lower their dose include some benefits we offer. These include chiropractic, acupuncture, physical therapy, podiatry, guided relaxation, and more.

**Do you need help with your pain?** Talk with your doctor about different ways to manage your pain.

To learn more about the Managing Pain Safely Initiative please visit our website at [www.partnershiphp.org/Community/Pages/default.aspx](http://www.partnershiphp.org/Community/Pages/default.aspx).

CDC: [www.cdc.gov/drugoverdose/index.html](http://www.cdc.gov/drugoverdose/index.html) ❖

## Individual Health Education Behavioral Assessment (Staying Healthy Assessment) and Initial Health Assessment (IHA)

During the first four months as a new member, a visit to your doctor should occur. This first visit is called an **Initial Health Assessment (IHA)**. You (or your child) do NOT have to be sick for this doctor visit. During the IHA, talk with the doctor about your health and what you feel is vital for your doctor to know. Your doctor will review your health record and decide what types of services are needed.

A few of those services may be:

- Referral to a specialist
- Prescription or medicine refills
- Preventive health tips
- Tips for staying healthy
- Educational classes
- Shots (child or adult)
- Dental screening and referrals to dental providers for children under 21 years of age

During this visit, we ask your doctor to have you fill out a **Staying Healthy Assessment** form.

The form asks questions about how you live your life, such as the types of food you eat, how much you exercise, and if you smoke. Some of the questions may be personal. You may choose not to answer any of the questions if you don't want to. If you choose to answer the questions, be honest and complete when filling out the form. It will help your doctor understand your needs better. The form comes in different age groups, from birth to older adults. It also comes in many languages.

If you have never filled out the survey before, please ask the front office person to give you the survey to fill out. For children, this survey should be filled out at different times, according to your child's age and reviewed at each well visit. As an adult, you should complete this survey every 2-3 years.

If you have any questions or any problems with appointments please call PHC's Member Services Department at **(800) 863-4155**. ❖

## Programs & Services

### Confidential Mental Health Services:

#### Out-patient services

- Members assigned to Kaiser contact Kaiser's Member Services at **(800) 464-4000**
- Members with Medicare Part B only contact 1-800-MEDICARE **(1-800-633-4227)**
- All other members contact Beacon at **(855) 765-9703**

#### In-patient services

The County Mental Health Department will continue to provide inpatient mental health services.

### Advice Nurse Program:

PHC offers a free Advice Nurse Program to its members. The PHC Advice Nurse Program is a free service available 24 hours a day, 7 days a week.

You can reach the PHC's Advice Nurse by calling **(866) 778-8873**.

### Care Coordination Programs:

**(800) 809-1350**

Partnership HealthPlan of California can help you with:

- Accessing Care
- Health Education
- Community Services
- California Children Services / Regional Services
- Applied Behavioral Health
- Pregnancy
- Mental Health Access

### Case Management:

**(800) 809-1350**

You can talk to a health care guide or a nurse about your treatment plan. ❖

## Counseling Help Now Available

Are you feeling depressed or nervous? Feeling sad about a loss? Having family problems?

As a Partnership Medi-Cal member, you can now receive counseling for mild to moderate conditions and everyday problems through **Beacon Health Strategies**.

### When should you seek counseling?

Getting help when a life problem first comes up is better than waiting until it seems "bad enough".

There is no problem too "small" for you to get help. It is also never too late to seek help.

### How do you get these counseling services?

You or a family member can call **Beacon** at **(855) 765-9703** Monday-Friday, 8:30 am to 5 pm to talk to a mental health service representative. Your doctor, nurse, or social worker can also call.

The **Beacon** Service Representative will:

- Go over your counseling needs and treatment choices
- Find a counselor for you in your area
- Refer you to other kinds of help if needed ❖

## Over-the-Counter Medications (Meds)

There are more than 300,000 over-the-counter (OTC) meds. You can buy these meds without a prescription. The Food and Drug Administration (FDA) defines OTC meds as safe and effective. They can be used without seeking treatment by a doctor. However, these meds need to be taken with care. They can cause serious side effects. All meds, including prescription and OTC meds, can cause side-effects. Some of them are:

- Acetaminophen
- Ibuprofen
- Dietary supplements like vitamins

A reaction may happen right away or take several days to develop. Sometimes combining OTC and prescription meds can cause a reaction. Also, one med can interfere with how the other meds works.

Always make sure your doctor has a list of all your medicines. This includes OTC meds and dietary supplements.

Partnership HealthPlan of California (PHC) meds benefit is very generous. It covers selected OTC meds, when you have a written prescription from your doctor. An example of a popular OTC medicine that is on PHC's meds list is for nasal allergies and is called Nasacort Allergy 24HR.

If you buy an OTC med without a doctor's prescription, PHC will not reimburse you for your cost.

Members can get a copy of PHC's meds list at [www.partnershiphp.org/Providers/Pharmacy/Documents/Formulary/MCFormulary.pdf](http://www.partnershiphp.org/Providers/Pharmacy/Documents/Formulary/MCFormulary.pdf). If you have any questions, please call PHC's Member Services Department at **(800) 863-4155**. ❖

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## Ask Your Doctor if Telehealth Specialty Care Services are an Option for You!

Do you need specialty care? Do you find it hard to get to a specialist office? Will shorter travel time to see a specialist help your healthcare needs?

With better ability to see a specialist and lower travel cost, Partnership HealthPlan of California (PHC) and Telemed2U (TM2U) specialists are working together to give PHC members, like you, access to telehealth specialty care services right from your doctor's office. Ask your doctor if telehealth is right for you. Services may not be offered in all areas.

TM2U provides services to members by giving you the ability to visit with a specialist in a "real-time" video setting. Real-time video gives you a chance to talk face-to-face with a specialist about your care. PHC's telehealth program is growing and helping members get specialty care more and more each day since August of 2014 in areas like:

- Endocrinology
- Hepatitis C
- Pain Management
- Dermatology
- Pulmonology

What could this mean for you? No more spending long hours to travel, no more waiting on referrals, and you may save on travel costs. PHC's telehealth program is focused on getting members the specialty care needed. While the program continues to grow, some telehealth services may not be offered in all areas. Telehealth services are open to members 21 years and older. PHC is working on growing our provider network to be able to offer the telehealth program to all members. For more details about the telehealth program, ask your doctor at your next visit or give them a call today. ❖

## PHC Member Services (800) 863-4155

If you have problems or questions about your medical care you should call PHC's Member Services Department. We are available to help you Monday through Friday, 8:00am to 5:00pm. We can help you with issues like:

- General information about medical benefits
- Select or change your primary care doctor or medical group
- Get a new PHC ID card
- Solve problems with medical bills
- Problems or complaints about your medical care
- Problems getting appointments
- Problems getting your prescription filled
- Interpreting services

## Lab Services

PHC and some PHC medical providers contract with specific lab vendors for lab services. When your doctor refers you for lab work, make sure you ask your doctor which lab you should use. If your doctor doesn't know, you can always call PHC's Member Services Department at **(800) 863-4155**. ❖

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## Grievance Reminder

You can file a complaint or an appeal any time you have a problem with PHC or any of our contracted providers. An appeal is a request to change a decision made by PHC or one of our doctors.

If you wish to file a complaint or an appeal, please call PHC's Member Services Department. You can tell us about your problem over the phone or in person. You may also write a letter or fill out a "Request for Appeal or Complaint Form". This form is available at your doctor's office or you may call PHC's Member Services Department at **(800) 863-4155** to get one. ❖

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## Medi-Cal Fraud

Medi-Cal fraud costs taxpayers millions of dollars each year. This prevents PHC and the state from providing more services.

All of the PHC family (members, doctors, and PHC staff) need to help lower this costly issue. When members let family and/or friends use their Medi-Cal card for care it raises the cost for Medi-Cal. It's a crime to let someone else use your Medi-Cal card. To reduce fraud, your doctor's office will ask for a picture ID. If you think fraud is occurring, you can call the PHC Hotline number at **(800) 601-2146**. The state also has a hotline number **(800) 822-6222**. Both can handle anonymous information. Remember, with your help we can stop this high taxpayer cost. ❖

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## Are you Pregnant?

Partnership HealthPlan of California can help you and your baby get a healthy start with:

- Up to \$50 in free gift cards for early prenatal care and post-partum visits
- Live phone information & support throughout your pregnancy
- Referrals to community resources
- Case management services
- Free breast pumps for mothers returning to work or school
  - PHC Eligible (Mother or Baby)
  - Exclusively Breastfeeding
  - Baby is under 12 months old

For more details call **(800) 809-1350**. ❖

# Health Education Classes & Support Groups

## Del Norte

### **Childbirth Preparation Birth and Beyond**

A six week course designed to help new parents learn more about Child Birth, Breast Feeding, and Newborn Care. Sutter Coast Community Clinic (707) 464-5974

### **Tobacco Use Prevention Program (TUPP)**

For further information please contact (707) 464-3191 x2831

## Humboldt

### **Childbirth Preparation**

Mad River Comm. Hospital, Arcata, (707) 826-8244  
St Joseph Hospital, Eureka, (707) 269-3605  
Redwood Memorial Hospital, Fortuna, (877) 449-3627

### **Tobacco-Free Humboldt**

Humboldt County Department of Health and Human Services Public Health Branch (707) 268-2132

## Lake

### **Childbirth Preparation**

Sutter Lakeside Hospital, Lakeport, (707) 262-5085  
St. Helena Family Health, Clearlake, (707) 995-2180 x4594

## Lassen

### **Childbirth Preparation**

Northeastern Rural Health, Susanville, (530) 251-8183

### **Tobacco Use Reduction Program**

(530) 257-9600 ext 14 or 15

### **Promises Prenatal Program**

Outpatient recovery program for pregnant, postpartum and parenting women (ages 16 years and older). (530) 251-8112

### **Lassen County Alcohol & Drug Program**

(530) 251-8112

## Marin

### **Childbirth Preparation**

Marin Community Clinic (for clinic prenatal patients only) (415) 448-1500  
Marin General Hospital, Greenbrae, (415) 925-7000 (888) 996-9644 (Helpline)

### **Diabetes Wellness Program**

Prima Medical Foundation Meritage Medical Network (415) 884-1875

### **Bay Area Community Resources and the Tobacco Program**

(415) 444-5580

## Mendocino

### **Childbirth Preparation**

Mendocino Coast Clinic (for clinic patients), Fort Bragg, (707) 964-1251  
Mendocino Community Clinic, Ukiah, (707) 468-1010

### **Avenues to Wellness Smoking Cessation Program**

Frank R. Howard Memorial Hospital (707) 540-4208

### **Diabetes Wellness Program**

Ukiah Valley Medical Center (707) 462-3111

## Modoc

### **Childbirth Preparation**

441 North Main St. Alturas, (530) 233-6311 or (530) 233-6312

## Napa

### **Childbirth Preparation**

Queen of the Valley, Napa (707) 251-2000  
Clinic Ole, St. Helena, (707) 252-6541

### **Diabetes Wellness Program**

(707) 254-1777  
(707) 252-4411 x2391

## Shasta

### **Childbirth Preparation**

Mayers Memorial Hospital, Fall River Mills, (530) 336-5111 x1250

### **Perinatal Drug and Alcohol Program**

1506 Market Street, Redding (530) 245-6411

### **Tobacco Cessation**

A FREE eight session program to help you quit all types of tobacco. For more information and to register for classes, call (530) 246-3729

### **Second Wind Smoking Cessation Program**

An eight session program to help you quit all types of tobacco. In collaboration with local tribal members, participants will learn the difference between commercial and traditional tobacco use. For more information, call (530) 406-9678 or (530) 224-2700

### **Project Ex Teen Smoking Cessation**

A FREE eight session program to help TEENS quit all types of tobacco. For more information, call the Youth Violence Prevention Council (530) 244-7194.

## Siskiyou

### **Childbirth Preparation**

Fairchild Medical Center, Yreka, (530) 841-6285

## Solano

### **Asthma Class**

Kaiser (707) 651-5864  
Pediatric Asthma Care Program  
Open to all PHC Members

### **Childbirth Preparation**

CMC Vacaville, (707) 359-1822  
CMC Dixon, (707) 635-1600  
La Clinica Great Beginnings, Vallejo, (707) 551-1816

### **Diabetes 101**

(707) 554-5288

### **Diabetes Classes**

(707) 653-6331  
[www.tusrfc.org/services/health-education/](http://www.tusrfc.org/services/health-education/)

### **Kick the Butts**

(707) 784-8900  
[www.tobaccofreesolano.org](http://www.tobaccofreesolano.org)

## Sonoma

### **Childbirth Preparation**

Alliance Medical Center, Healdsburg, (707) 433-5494  
Pregnancy Counseling Center, Santa Rosa, (707) 575-9000

### **Diabetes Wellness Program**

Southwest Community Health Center (707) 547-2222

## Trinity

### **Health and Human Services**

### **Childbirth Preparation**

(530) 623-1265  
(800) 851-5658  
(530) 623-1233 TTY

### **Trinity County Behavioral**

**Health** (530) 623-1362

### **Mental Health Services**

(888) 624-5820  
(530) 628-4111 Hayfork office

### **Alcohol and Other Drugs**

**Services** (530) 623-1362

## Yolo

### **Asthma Classes**

**Sutter Memorial Hospital** (916) 887-0000

### **Childbirth Preparation**

Woodland Healthcare, Woodland, (707) 669-5540  
Davis Community Center, Davis, (530) 204-5317 x1017  
Sutter Davis Medical Foundation, (916) 887-4939

### **Diabetes**

(530) 668-2605 x6401

### **Warline Family Resource Center**

(916) 455-9500  
(800) 455-9517  
Para servicios en Español: (916) 922-1490  
(800) 660-7995

## All counties

### **Help is a**

### **Four-Legged Word™**

Canine Companions for Independence® provides highly-trained assistance dogs for children and adults with disabilities, free of charge. The most advanced technology capable of transforming the lives of people with disabilities has a cold nose and a warm heart! (800) 572-2275

### **California Smoker's Helpline**

- (800) NO-BUTTS (English)
- (800) 844-2439 (for chewing tobacco)
- (800) 45-NO FUME (Spanish)
- (800) 933-4-TDD (Deaf/Hearing Impaired)

### **Epilepsy Foundation of Northern California**

(800) 632-3532  
(415) 677-4011

### **Health Insurance Counseling and Advocacy Program (HICAP)**

(800) 434-0222

### **Domestic/Intimate Partner Violence - Hotline**

(800) 799-SAFE (7233)  
(800) 787-3224 TTY