

Health Plans 101: Comprehensive Wellness Initiatives for a Healthier California

California's health plans are committed to making a positive impact on the health and well-being of communities across the state.

Through a range of initiatives focused on health care resources, education, and equity, health plans strive to address critical challenges to improve the quality of life for all Californians.

California's health plans recognize that investing in community health will bridge equity gaps and enhance access to affordable health care. These programs provided by health plans offer comprehensive support and are designed to address every individual's well-being, extending beyond physical health alone. This inclusive approach is key to fostering healthier communities.

Bringing Health and Wellness Resources and Services Into Communities



Many health plans offer health and wellness resources and programs that are easily accessible at community resource centers across the state. This accessibility empowers individuals to take charge of their health and well-being. Resources and services include:

- Nutritional support to those with chronic conditions or facing food insecurity to increase access to healthy food and improve community health outcomes.
- Reduced to no-cost fitness and workout classes
- Dedicated rooms with Wi-Fi to connect with a health care provider virtually.
- Connections to social workers for assistance with rent, food, or paying their bills.
- Free walk-in vaccine clinics during peak seasons in communities of need.
- Personalized assistance with health care coverage questions.
- Interpreters for doctor's appointments
- Some health plans provide free rides to doctor visits
- *Much more*



Educating and Implementing Public Health and Safety Initiatives



Through focused public education programs, many California health plans proactively strive to empower individuals with the knowledge and resources needed to maintain both individual and community health and safety. These programs and initiatives include:

- Classes to tackle crises impacting Californians, including gun violence prevention courses, focused on preventive measures and healing techniques for those affected by tragic events.
- Disease prevention and management resources, including health education libraries with videos and tools for addressing specific health conditions.
- Virtual panel discussions and town halls focused on emergency preparedness plans for local or regional disasters.
- Engaging and investing in anti-stigma educational campaigns around mental and behavioral health to increase awareness and encourage Californians to seek mental health care and support when they need it.

California health plans are supporting initiatives, conducting research, and implementing strategies that address health inequities. These efforts include:

- Partnering with local community organizations to connect their communities with needed health care resources.
- Making significant strides in achieving universal access to health care coverage.
- Collaborating with local organizations to support initiatives that reduce disparities and improve living conditions. These include partnerships with schools, social service agencies, and other health organizations.
- Addressing the root causes of poverty and economic inequities by making strategic investments to create positive social impacts for underserved communities, such as funding temporary or permanent housing and housing transition navigation services, and supporting job training programs to build sustainable communities.
- Investing in building a broader workforce that will boost the pipeline of ethnically and geographically diverse clinicians required to meet the increasing demand for primary and mental health care and connecting members with the proper support when they need it.
- Working in collaboration with community organizations to establish programs that provide critical social needs like housing support and alternatives to emergency room visits and hospitalizations for those suffering from a substance use disorder or serious mental illness crisis.
- Supporting doula services for low-income women and women of color, as well as increasing technical support for community-based birth-work programs.

Making Health Care More Equitable and Accessible

