



FITNESS AND YOU

COMMUNITY FIRST
HEALTH PLANS



CFHP WELLNESS BENEFITS



CFHP Cares About Your Well Being

As our member, we care about you and your family's well being. That's why CFHP has several programs to help you improve or maintain your health. These programs include:

- **Zumba Fitness in the Park**
- **YMCA Wellness Classes**
- **Get Healthy- Online Member Wellness Portal**





Zumba Fitness in the Park

Zumba class combines fast and slow rhythms that tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits. Classes are:

- given by certified instructor,
- provided at no-cost,
- open to members & their families,
- one-hour sessions and
- offered 3 times a week at various locations.





Zumba Fitness in the Park-Locations

Zumba class offered at the following locations:

- **Tuesdays at Garza Community Ct.**
1450 Mira Vista SA TX. 78228 from 6:30 p.m. to 7:30 p.m.
- **Thursdays at Cuellar Community Ct.**
5626 San Fernando St. from 6:30 p.m. to 7:00 p.m.
- **Saturdays at Lady Bird Johnson Park**
10700 Nacogdoches Rd. from 9 a.m. to 10 a.m.





YMCA Wellness Classes



CFHP has partnered with YMCA to provide our members with wellness resources. The following classes are available to members:

- Y Living,
- Healthy Weight & Your Child,
- Health Matters and
- Livestrong.





Y Living Program



This program empowers families to obtain total health through enriching the spirit, mind and body.

- 12-week holistic wellness program
- Meets for two hours, twice a week
(1 hr. group learning and 1 hr. physical activity)
- Topics include: nutrition, stress management, menu budgeting and spiritual engagement





Healthy Weight & Your Child



Focuses on healthy eating, regular physical activity, and behavior change to empower children ages 7-13 and their families.

- 12-week holistic wellness program
- Meets for two hours, twice a week
(1 hr. group learning and 1 hr. physical activity)
- Topics include: nutrition, stress management, menu budgeting and spiritual engagement





Health Matters



For adults with intellectual and developmental disabilities and their caregivers who want to become better informed about nutrition and fitness.

- 12 week wellness program
- Meets three times a week for 1.5 hrs.
(45 min. of education and 45 min. of physical activity)
- Topics include: nutrition, creating an exercise plan, friendship & support





Livestrong at the Y



Provides a supportive and caring environment that allows adult cancer survivors the opportunity to come to the Y to achieve better health.

- 12-week structured program
- Meets twice a week
(Provides individualized training & physical activity development)
- Educational seminars & guest speakers
- Social engagement activities





Get Healthy Online Member Wellness Portal

Provides members with tools and resources to lead a more healthy lifestyle.

Complete the health assessment and access an online Health Library that include topics such as:

- Exercise
- Nutrition
- Weight Management



Get Healthy

COMMUNITY FIRST HEALTH PLANS

PAUL | Dashboard (Home) | Logout

Health | Wellness | Nutrition | **Exercise** | Community | Incentives | Reference

- Cardio Log
- Exercise Examples ▶
- Exercise Planner ▶
- Steps Log
- Strength Training Log
- Track My Exercise

Email A Wellness Coach

Texas Health Steps

Click here to view the well child schedule and potential gift attending each appointment. Incentives/Value Adds

Baby Showers Schedule | Nutrition And Activity

NEW MEMBER SURVEY. COMPLETE FOR FREE GIFT.

UPCOMING EVENTS: CALL 210-358-6055 OR SEND EMAIL TO HEALTHYHELP@CFHP.COM

Free Family Nights & Little Doers Den at The DoSeum	April 2, 2019 to December 3, 2019
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[View all events](#)

HEALTH EDUCATION LIBRARY

MONTHLY HIGHLIGHTS

- Big C's - the CASH (Coke) Safety
- Keep it clean
- Cook to the right temperature
- Watch the clock
- Serve at the right temperature
- CLIMATE CHANGE & EXTREME HEAT: Extreme heat events, or heat waves, are a leading cause of EXTREME WEATHER-RELATED DEATHS in the United States and the number of heat-related deaths is rising! WHO'S AT RISK?
- BRAIN INJURY IN KIDS: 1st AHEAD! A MILLION KIDS in an emergency department each year for "brain injury", including concussion.
- THAT'S MORE THAN AN EMPTY SEAT: FILLED TO CAP

HEALTH RISK ASSESSMENT AND EVALUATION

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Questions?

Our dedicated Member Services staff can assist you with your benefits questions.



ERS Dedicated Line: (210) 358-6262

Monday thru Friday 8:30 a.m. – 5 p.m.



Visit our Website: <https://members.cfhp.com/>



THANK YOU

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