

Virtual Asthma and Nutrition Education Classes for Kern Family Health Care (KFHC) Members

KFHC is now offering virtual classes on asthma and nutrition every month. Members can join our virtual classes from a smartphone, tablet, or computer from the comfort of their homes.

What will KFHC members learn in the virtual asthma classes?

They will learn about:

- Common asthma symptoms
- Asthma triggers and how to manage them
- Nontoxic cleaning
- How to live a clean air lifestyle
- Clean air living incentive programs
- Proper use of asthma medication
- How to use an asthma action plan with a peak flow meter
- Common questions for their doctors

What will KFHC members learn in the virtual nutrition classes?

They will learn about how to:

- Plan easy meals and control their portion sizes
- Cut the added sugars in their drinks and foods
- Grow what they eat and include more fresh, seasonal ingredients in their meals and snacks
- Make healthy changes to their favorite recipes
- Include practical, easy, and family oriented physical activities or workouts into their daily routines
- Plan and reach their SMART goals

When and where?

- We are offering our virtual classes on GoToMeeting.com or the GoToMeeting App.
- You can find the class schedule at kernfamilyhealthcare.com. Scroll down to the bottom of the website for the calendar of events, where you will find the classes.
- Virtual Asthma Classes are generally offered on 1st and 2nd Wednesdays at 10:30 AM and most Wednesdays at 6 PM, depending on the month.
- Virtual Nutrition Classes are offered on Thursdays at 6 PM.
- Classes are offered in English and Spanish.



PROVIDER *bulletin*

How can I help a KFHC member sign up for a virtual asthma or nutrition class?

- Log in to the Kern Health Systems Provider Portal and submit a Health Education Referral. The Health Education Department will call the member to complete the class registration process.
- Members can request to sign up via the KFHC Member Portal or LINK App.
- They can also sign up by calling 1-800-391-2000 and asking for the Health Education Department.

Is KFHC offering incentives to members for attending these classes?

Yes. Members will be mailed a \$10 gift card for Walmart, Target, or Safeway supermarkets for each virtual class they attend. There is a limit of 2 gift cards every 6 months per member for the asthma classes, or 4 gift cards every 6 months per member for the nutrition classes. Gift cards may take 6-8 weeks to be mailed.

Join us for virtual nutrition classes!



You'll learn about how to:

- Plan easy meals and control your portion sizes
- Cut the added sugars in your drinks and foods
- Grow what you eat and include more fresh ingredients
- Be active and have fun with your whole family

When and where?

- Join our classes on [GoToMeeting.com](https://www.gotomeeting.com) or download the GoToMeeting App.
- Find the class schedule at [kernfamilyhealthcare.com](https://www.kernfamilyhealthcare.com).
- To sign up, call us at **1-800-391-2000** and ask for the Health Education Department.

KFHC members: Earn a \$10 Walmart, Target, or Safeway gift card for each class!



800-391-2000
[kernfamilyhealthcare.com](https://www.kernfamilyhealthcare.com)



Kern Family Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-391-2000. 注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 1-800-391-2000。(TTY: 711)

¡Acompáñenos a clases virtuales de nutrición!



Usted aprenderá sobre como:

- Planificar comidas fáciles y controlar el tamaño de sus porciones
- Reducir los azúcares en sus bebidas y alimentos
- Cultivar lo que se come e incluir más ingredientes frescos
- Ser activo/a y divertirse con toda su familia

¿Cuándo y donde?

- Únase a nuestras clases en [GoToMeeting.com](https://www.gotomeeting.com) o baje la aplicación de GoToMeeting.
- Encuentre el horario de clases en [kernfamilyhealthcare.com](https://www.kernfamilyhealthcare.com).
- Para registrarse, llámenos al **1-800-391-2000** y pregunte por el Departamento de Educación de Salud.

Miembros de KFHC: ¡Gánense una tarjeta de regalo de \$10 para Walmart, Target, o Safeway por cada clase!



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Join us for virtual asthma classes!

You'll learn about:

- Asthma symptoms
- How to reduce triggers at home
- Proper use of asthma medications and tools
- How to live a clean air lifestyle

When and where?

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- Find the class schedule at [kernfamilyhealthcare.com](https://www.kernfamilyhealthcare.com).
- To sign up, call us at **1-800-391-2000** and ask for the Health Education Department.

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ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-391-2000 (TTY: 711)

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¡Acompáñenos a clases virtuales de asma!

Usted aprenderá sobre:

- Los síntomas del asma
- Cómo reducir los desencadenantes en su hogar
- El uso adecuado de medicamentos y herramientas para el asma
- Cómo vivir un estilo de vida con aire limpio

¿Cuándo y dónde?

- Únase a nuestras clases en [GoToMeeting.com](https://gotomeeting.com) o baje la aplicación de GoToMeeting.
- Encuentre el horario de las clases en kernfamilyhealthcare.com.
- Para registrarse, llámenos al **1-800-391-2000** y pregunte por el Departamento de Educación de Salud.

Miembros de KFHC: ¡Gánense una tarjeta de regalo de \$10 para Walmart, Target, o Safeway por cada clase!



Kern Family Health Care cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

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