

How does our Healthy Behaviors program help you?

Florida Community Care's Healthy Behaviors Program will be working with members and their families to create a plan of care that is right for each member.

Florida Community Care has special programs that are available to members such as substance abuse and smoking cessation.

We provide the following support to all our members:

- Education on preventive screenings that may help manage the disease and identify other conditions
- Review of your medicines with the primary physician and/or specialist
- Education on symptoms, and how to report and control them
- Education on the importance of a healthy weight and healthy lifestyle choices
- Education on how to manage the conditions and reach your goal
- Emotional support to all our members and their caregivers
- Diet education and referral to registered dietitian

These programs are available to all members at NO COST!
Take charge of your health with Florida Community Care.



Florida Community Care, LLC.
5200 Blue Lagoon Drive - Suite 500
Miami FL 33126

1-833-FCC-PLAN
www.fcchealthplan.com

This information is available for free in other languages. Please contact our customer service number at 1-833-FCC-PLAN or TTY 711, Monday to Friday 8am to 8pm.

Esta información está disponible gratis en otros idiomas. Por favor, póngase en contacto con nuestro número de Servicios para Miembros a 1-833-FCC-PLAN o TTY 711, de lunes a Viernes, de 8 a.m. a 8 p.m.



Healthy Behaviors Program

Get rewarded for your healthy behavior.

Start earning your rewards today!

Florida Community Care offers a Healthy Behaviors Program that is based on Weight Loss, Substance Abuse, and Smoking Cessation.

Weight Loss

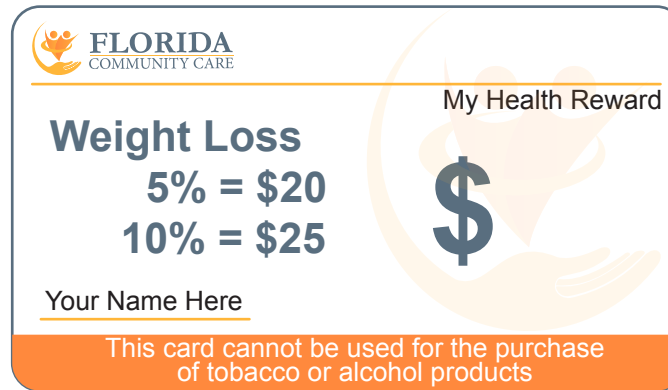
The weight loss program includes nutrition counseling over the phone and a specific diet plan that is overseen by the Medical Director and the Registered/Licensed Dietitian. Florida Community Care's team will help counsel and educate our members and their families/caregivers on nutrition. We will also work with your physician and specialists to help you manage your weight.

Substance Abuse

The Substance Abuse Program provides members with easy access to different treatment options. Members have access to psychiatrists, substance abuse professionals, alcohol and substance use programs, and local community resources.

Smoking Cessation

The Smoking Cessation program is a combination of counseling and medicines that do not have nicotine to help reach your goals. As a member, you have access to resources to help you stop smoking.



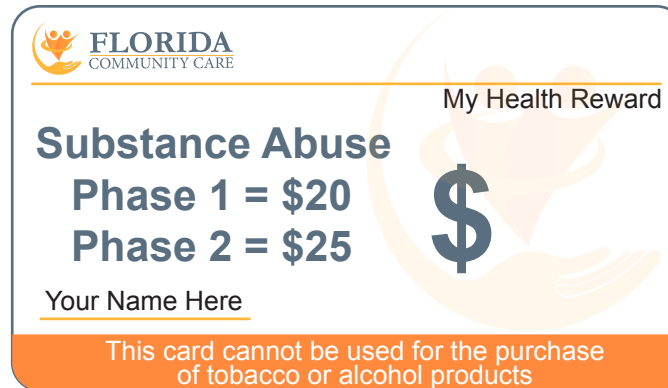
FLORIDA
COMMUNITY CARE

My Health Reward

Weight Loss
5% = \$20
10% = \$25

Your Name Here

This card cannot be used for the purchase of tobacco or alcohol products



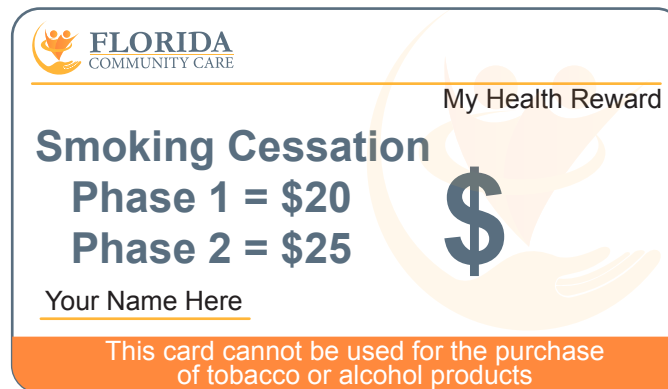
FLORIDA
COMMUNITY CARE

My Health Reward

Substance Abuse
Phase 1 = \$20
Phase 2 = \$25

Your Name Here

This card cannot be used for the purchase of tobacco or alcohol products



FLORIDA
COMMUNITY CARE

My Health Reward

Smoking Cessation
Phase 1 = \$20
Phase 2 = \$25

Your Name Here

This card cannot be used for the purchase of tobacco or alcohol products


FLORIDA
 COMMUNITY CARE

Florida Community Care offers members different community resources, support groups, and support of their staff.

Members also have access to psychiatrists, substance abuse professionals, alcohol and substance abuse use programs, and local community resources.

Let Florida Community Care help you with your healthy behaviors goals.

We are here for you!

Healthy Behaviors- What can you do?

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| 
Make Healthy Choices | 
Stop Drinking | 
Stop Smoking | 
Take Medications |
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