

Health education programs offered at no cost

Education Is Key to Prevention!

All of AmeriHealth Caritas Pennsylvania's health education programs stress the importance of early detection, preventive care, healthy behaviors, and overall personal health awareness. We hope the education provided will not only improve the health of our members, but also empower them to take control of their health!

25 ways to wellness

This PowerPoint presentation gives general information about the small changes that can be made to maintain a healthy body.

Adult dental health

This PowerPoint presentation gives general information about oral hygiene and how it can affect your health.

Asthma management

Three programs for different targeted groups:

- Children (ages 5 – 12) with asthma.
- Parents of children with asthma.
- Adults with asthma.

Interactive PowerPoint presentations teach the basics about asthma and the steps to take to effectively manage this breathing disease.

Bullying

Please don't be a bully

Two different PowerPoint presentations, one for children and one for adults, give an overview of the definition of bullying, types of bullying (physical, verbal, social, and cyber), and examples of each. Also included are suggestions on how to deal with bullying, and steps to take if someone has identified both a "bully" and someone who is a victim, including themselves.

Cavity Free Kids program

Kids learn that teeth are cool! They learn about tooth brushing, healthy foods, sugar bugs, what it's like to go to the dentist's office, and much more.

Childhood weight management

Healthy you, healthy me

Through a PowerPoint presentation and interactive activities, this program aims to increase physical activity and improve nutrition through smart snacking and increased consumption of fruits and vegetables. It is intended for children ages 7 – 13, and can be adapted to include younger children as well as those with special needs. It can be delivered over several sessions of activities, each followed by a healthy snack or a single presentation. Additionally, the program increases healthy lifestyle awareness and attempts to reduce the body mass index (BMI) of participants.

Child's health

Your child's health: be prepared

This PowerPoint presentation focuses on five common childhood illnesses: fever, colds, ear infections, dental pain, and stomach aches. Parents and caregivers of young children are educated on basic facts about these illnesses, when to call the doctor, and steps to take at home.

Diabetes management

This PowerPoint presentation discusses the basics of diabetes, current statistics, risk factors, steps to reduce risk factors, and ways to effectively manage the disease. Management techniques include healthy eating habits, medication adherence, physical activity, and smoking cessation.

Heart health

We offer two heart health promotion programs: one for adults and one for children.

The adult program features a PowerPoint presentation outlining steps to prevent heart disease and stroke, risk factors, heart disease basics, and the effects of heart disease. The presentation also covers symptoms and healthy habits.

The program for children offers a Healthy Heart curriculum. Participants learn the basic functions and importance of the heart, and explore healthy habits, especially for physical activity and healthy food choices. After this discussion, children engage in various physical activities to "get hearts pumping!"

Medicine safety

Give your medicine a checkup

This PowerPoint presentation educates participants on what medications they are taking, why they are taking them, and what the instructions mean. This presentation will encourage participants to "give their meds a checkup" by taking all of their prescriptions to their primary care practitioner and asking questions. This "checkup" improves safety by reducing drug interactions, and empowers the patient with increased knowledge.

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Maternal health

Before, during, and after: steps to a healthy pregnancy

This PowerPoint program is for women who are either expecting or wish to become pregnant. The program addresses the importance of early and regular prenatal appointments, the use of prenatal vitamins, risk factors for a premature birth, how to follow a healthy diet, how to be physically active, and good dental care. The program also describes our Plans' signature prenatal program, Bright Start®, and shares important phone numbers.

Men's health and women's health

Stay strong, live healthy

Manly tips for healthy living

These programs focus on gender-specific precautions to take to prevent certain health problems.

Outdoor safety

This presentation focuses on safety tips for anyone playing outside during the summer, such as for sun protection, biking, swimming, hiking, protection from ticks, and staying hydrated.

play safe! be safe!

This multimedia fire safety education program teaches children the basics of fire prevention and shows them how to respond in fire situations. This program helps children learn about fire safety in a fun, interactive way.

Poison prevention

Poison prevention: be safe, not sorry

This is a two-tiered PowerPoint presentation outlining how to recognize poisons, where they may be found, how poisoning can occur, how to prevent it, and what to do in a poison emergency. Topics also include lead and carbon monoxide poisoning. The first section of slides can be used for children and the following sections are targeted toward adults and caregivers.

Smoking cessation

This interactive PowerPoint Presentation features the dangers of smoking, potential effects on pregnancy, reasons to quit, covered quit assists available through our Plans, and steps and resources to quit.

Teen health

Taking care of yourself: healthy tips for teens

This program focuses on a variety of topics related to teen health, such as healthy eating, physical activity, personal and internet safety, dental health, and depression. Additionally, the program discusses the importance of healthy relationships, being a responsible young adult, and taking charge of one's own health.

Youth sports safety

This PowerPoint presentation instructs youth ages 6 – 14 on reducing risk of a sports-related injury by identifying key components to safety such as location, equipment, and good instruction. Participants will also learn the medical treatment method known as RICE for common injuries, such as sprains and strains.

Notes

- Programs are provided at no charge to the requester.
- All presentations are approximately 45 – 60 minutes in length.
- All participants receive giveaways.
- Health educational materials are available at all presentations.
- Contact your AmeriHealth Caritas Pennsylvania Community Health Navigator to schedule a program.