

# Provider Update

## Free Health Workshops

**Background:** Amerigroup Community Care offers free health education workshops designed for your patients as well as staff development workshops. Our health educators help New Jersey residents get healthy and stay healthy with interactive health activities, free educational materials and health promotion items. Some workshops are approved for continuing education credits for certified case managers.

### **Topics offered include:**

- **Autism:** Learn about the signs and the importance of early intervention
- **Asthma:** Minimize asthma episodes by identifying triggers and working with your doctor
- **Conflict resolution:** Discover how to work through difficult situations
- **Cultural awareness:** Develop ways to improve communication with a culturally diverse population
- **Cyberbullying:** Bullying these days is not what it once was – learn what cyberbullying is and how to deal with it
- **Dental health:** Find out the importance of keeping your family's teeth healthy
- **Flu/germ prevention:** Hear what steps to take to avoid getting sick
- **Heart health:** Find out lifestyle changes to maintain a healthy heart
- **Lead poisoning prevention:** Protect children from the dangers of lead
- **Men's health:** Learn about common health risks, screenings and healthy lifestyle tips for men
- **Nutrition:** Learn how to make smart food and drink choices
- **Prenatal health:** Hear the dos and don'ts of having a healthy pregnancy
- **Stress management:** Identify common stressors and how to deal with them effectively
- **Sun safety:** Discover the best ways to protect your skin from sun damage
- **Well-child health:** Find out the importance of well-child visits and the shots kids and teens need
- **Women's health:** Learn about common health risks, screenings and healthy lifestyle tips for women

**NJ FamilyCare:** We can assist in informing parents about enrolling in NJ FamilyCare, New Jersey's health insurance program, as well as renewing NJ FamilyCare benefits.

**To schedule one of these free health workshops for your organization or to find out which of these count toward Commission for Case Manager Certification (CCMC) credits, call 732-452-6092 or 732-452-6007 (TTY 1-877-566-CARE [2273], TDD 1-800-852-7899).**

### **What if I need help?**

If you have questions about this communication, received it in error or need help with anything else, contact your local Provider Relations representative or call our Provider Services team:

- Medicaid providers call 1-800-454-3730
- Medicare providers call 1-866-805-4589

WEB-NJ-0012-13  
Issued May 2013  
by Amerigroup Community Care

