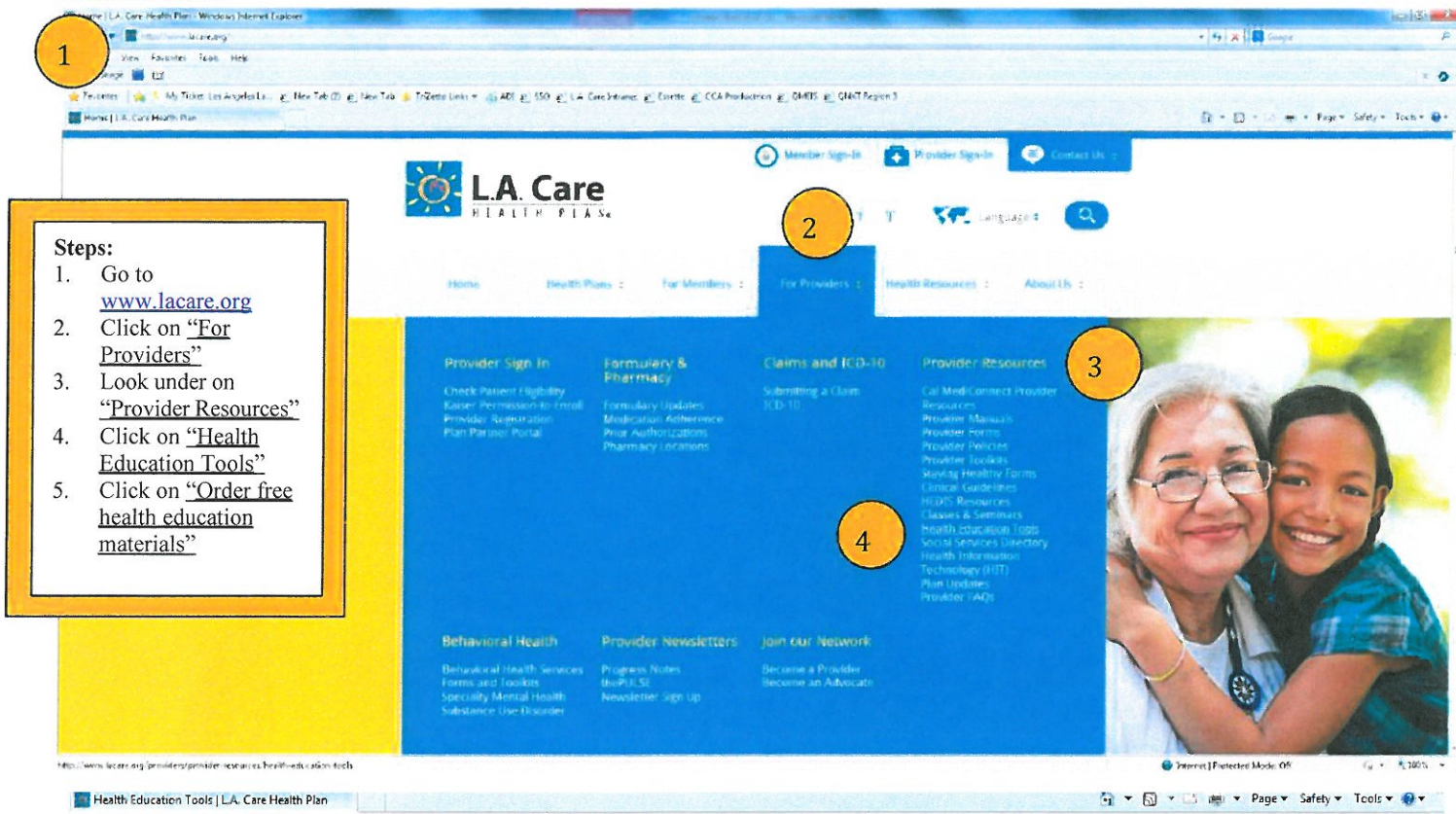


Online Health Education Materials Order Form

L.A. Care offers free Member Materials that can be ordered through our online portal:
Access directly at: <http://www.lacare.org/providers/resources/healtheducation/order-form>
Or follow the directions below:

Screen Shot



Steps:

1. Go to www.lacare.org
2. Click on "For Providers"
3. Look under on "Provider Resources"
4. Click on "Health Education Tools"
5. Click on "Order free health education materials"

Health Education Tools

As a benefit of partnering with L.A. Care, we offer you and your patients several types of health education resources.

- [Order free health education materials.](#)
- Free health education classes and seminars at [L.A. Care's Family Resource Centers](#). Topics include smoking cessation, diabetes management and more.
- [Health education information on topics such as asthma, oral health, pregnancy and more - all in a printer friendly format.](#)

Fluoride Varnish Resources

Fluoride Varnish is a concentrated form of fluoride that can be applied to children's teeth to prevent cavities and dental decay. Watch a video demonstrating

Online Health Education Materials Order Form - Online Portal

The screenshot shows the L.A. Care website in a Windows Internet Explorer browser. The page title is "Order Form | L.A. Care". The left sidebar contains a "Provider Resources" menu with items like "Provider Manuals", "Downloadable Forms", "Clinical Guidelines", "Provider Tools", "Staying Healthy Forms", "HEDIS Resources", "Health Education and Social Services Directory", "Disease Management", "Health Education Resources", "Mental Health Resources", and "Family Resource Centers". The main content area is titled "Health Education, Cultural and Linguistic Services Order Form". Below the title, there is a section "Please select requestor type" with a radio button selected for "Physician/Plan Partner/Medical Group/LA Care Employee". A "Submit" button is located below the selection. A yellow circle with the number "1" is placed over the "Physician/Plan Partner/Medical Group/LA Care Employee" radio button, and another yellow circle with the number "2" is placed over the "Submit" button.

Steps:

1. Select if you are a "Physician" or "Plan Partner/Medical Group"
2. Click on "Submit" button
3. If you are physician, you will be asked to enter your "License Number"
4. Press "Enter"

This screenshot shows the same L.A. Care website, but after clicking the "Submit" button. The "Please select requestor type" section now shows a text input field labeled "License No." with a placeholder "Type the license no and hit enter key". A yellow circle with the number "3" is placed over the "License No." input field, and another yellow circle with the number "4" is placed over the "Enter" key on the keyboard. The rest of the page layout remains the same as the previous screenshot.

HEALTH EDUCATION FOR L.A. CARE PATIENTS

An Easy Way to Refer your Patient!

Please FAX your referral to (213) 438-5042

How to get the referral form:

1. Log on to: <http://www.lacare.org/providers/provider-resources/health-education-tools>
2. Click on "Refer L.A. Care members to free Health Education, Cultural and Linguistic Services"

L.A. Care HEALTH PLAN <i>Health In Motion</i>		Health Education Referral for L.A. Care's Direct Line of Business Members	
Referred by		Date	
Provider Information			
Provider Name		License #	
Phone #/Extension		Fax #	
Member Information			
Name		DOB	
CIN #		Medical Group/PA	
Race		Ethnicity	
Language Spoken		Language Written	
Home phone #		Cell phone #	
Special Needs <input type="checkbox"/> Vision <input type="checkbox"/> Hearing <input type="checkbox"/> Cognitive <input type="checkbox"/> Physical <input type="checkbox"/> Other			
Requested Services (Services may be provided via telephonic counseling or group appointment, see reverse for descriptions)			
Chronic Conditions		Wellness and Health Education	
<input type="checkbox"/> Arthritis		<input type="checkbox"/> Cold or Flu? Antibiotics Went Work for You?	
<input type="checkbox"/> Asthma		<input type="checkbox"/> Fitness for older adults	
<input type="checkbox"/> Chronic Condition Support (evidence-based management program)		<input type="checkbox"/> Medication management	
<input type="checkbox"/> COPD		<input type="checkbox"/> Pre-Diabetes	
<input type="checkbox"/> Diabetes		<input type="checkbox"/> Stress and anxiety management	
<input type="checkbox"/> Disability Support (evidence-based management program)		<input type="checkbox"/> What To Do When Your Child Gets Sick	
<input type="checkbox"/> Hypertension / Hyperlipidemias		<input type="checkbox"/> Smoking/Tobacco Cessation	
<input type="checkbox"/> Medical Nutrition Therapy (MNT) Members must meet MN criteria. (please complete all sections with a * below and attach pertinent lab findings and medications)		Cultural & Linguistic Services	
<input type="checkbox"/> Referral for Cultural & Linguistic Services		Weight Management / Nutrition (include height, weight, and BMI below)	
<input type="checkbox"/> Nutrition/physical activity for ages 2-5		<input type="checkbox"/> Nutrition for families (My Plate)	
<input type="checkbox"/> Pediatric weight management for ages 6-17		<input type="checkbox"/> Weight management for ages 18+	
MNT only			
Diagnosis: <input type="checkbox"/> Diabetes, Uncontrolled (HbA1c >8); <input type="checkbox"/> Type 1 <input type="checkbox"/> Type 2 <input type="checkbox"/> Pre-ESRD (GFR 13-50 mL/min/1.73m ²) <input type="checkbox"/> Pediatric (age 2-18) obesity (BMI ≥ 95 th percentile for age) <input type="checkbox"/> Pediatric (age 2-18) underweight (BMI < 5 th percentile for age) <input type="checkbox"/> Adult (age 18+) obesity (BMI ≥ 35) <input type="checkbox"/> Adult (age 18+) underweight (BMI < 18 or < 23 in adults over age 65) Other co-morbidities:			
* Anthropometric Information: Date: _____ Ht: _____ Wt: _____ BMI: _____			
* Nutrition Prescription: <input type="checkbox"/> Therapeutic Diet Order (attach) OR <input type="checkbox"/> Per Registered Dietician			
MNT only			
Cleared to exercise without restrictions? <input type="checkbox"/> Yes <input type="checkbox"/> No, specify _____			
* Provider Signature: _____			
Provider Special Instructions/Comments:			

Please fax the completed form to (213) 438-5042

Class topics and services include:

- Asthma
- Cholesterol
- Chronic Disease Management
- Hypertension
- Living Well with a Disability
- Nutrition
- Obesity Prevention
- Senior Services
- Smoking/Tobacco Cessation
- Type II Diabetes

QUESTIONS? Please contact:

L.A. Care Health Plan

Health Education, Cultural and Linguistic Services

Email: HealthInMotion@lacare.org

Toll free number: 1-855-856-6943

Health Education Referral

for L.A. Care's Direct Line of Business Members

Referred by		Date	
Provider Information			
Provider Name		License #	
Phone #/Extension		Fax #	
Member Information			
Name		DOB	
CIN #		Medical Group/IPA	
Race		Ethnicity	
Language Spoken		Language Written	
Home phone #		Cell phone #	
Special Needs		<input type="checkbox"/> Vision <input type="checkbox"/> Hearing <input type="checkbox"/> Cognitive <input type="checkbox"/> Physical <input type="checkbox"/> Other: _____	
Requested Services			
<i>(Services may be provided via telephonic counseling or group appointment; see reverse for descriptions)</i>			
Chronic Conditions		Wellness and Health Education	
<input type="checkbox"/> Arthritis		<input type="checkbox"/> Cold or Flu? Antibiotics Won't Work for You!	
<input type="checkbox"/> Asthma		<input type="checkbox"/> Fitness for older adults	
<input type="checkbox"/> Chronic Condition Support (evidence-based management program)		<input type="checkbox"/> Medication management	
<input type="checkbox"/> COPD		<input type="checkbox"/> Pre-Diabetes	
<input type="checkbox"/> Diabetes		<input type="checkbox"/> Stress and anxiety management	
<input type="checkbox"/> Disability Support (evidence-based management program)		<input type="checkbox"/> What To Do When Your Child Gets Sick	
<input type="checkbox"/> Hypertension / Hyperlipidemias		<input type="checkbox"/> Smoking/Tobacco Cessation	
		<input type="checkbox"/> Referral for Cultural & Linguistic Services	
		Weight Management / Nutrition (include height, weight, and BMI below)	
		<input type="checkbox"/> Nutrition/physical activity for ages 2-5	
		<input type="checkbox"/> Nutrition for families (My Plate)	
		<input type="checkbox"/> Pediatric weight management for ages 6-17	
		<input type="checkbox"/> Weight management for ages 18+	
<input type="checkbox"/> Medical Nutrition Therapy (MNT) Members must meet MNT criteria. (please complete all sections with a * below and attach pertinent lab findings and medications)			
MNT only	* Diagnosis: <input type="checkbox"/> Diabetes, uncontrolled (HgA1c >8): <input type="checkbox"/> Type 1 <input type="checkbox"/> Type 2 <input type="checkbox"/> Pre-ESRD (GFR 13-50 ml/min/1.73m ²) <input type="checkbox"/> Pediatric (age 2-18) obesity (BMI > 95 th percentile for age) <input type="checkbox"/> Pediatric (age 2-18) underweight (BMI < 5 th percentile for age) <input type="checkbox"/> Adult (age 18+) obesity (BMI > 35) <input type="checkbox"/> Adult (age 18+) underweight (BMI < 18 or < 23 in adults over age 65) Other dx or co-morbidities: _____		* Anthropometric Information: Date: _____ Ht: _____ Wt: _____ BMI: _____
MNT only	* Desired objective of treatment: _____		* Nutrition Prescription: <input type="checkbox"/> Therapeutic Diet Order (attach) OR <input type="checkbox"/> Per Registered Dietician
MNT only	Cleared to exercise without restrictions? <input type="checkbox"/> Yes <input type="checkbox"/> No, specify _____		
MNT only	* Provider Signature: _____		
Provider Special Instructions/Comments:			

Please fax the completed form to (213) 438-5042

Group Appointment and Program Descriptions

L.A. Care Health Plan makes available health education and cultural linguistic services to direct line of business members (MCLA, L.A. Care Healthy Kids, PASC-SEIU Homecare Workers, & L.A. Care Medicare Advantage HMO SNP). Health Education services are offered as individual counseling and/or group appointments. They are available at no cost to direct line of business members. If a health education group appointment is not available, the member will receive a telephonic consultation with one of L.A. Care's health educators. Interpretation services (including ASL) are available for all group appointments.

Health Education Services

Chronic Conditions

- **Arthritis:** *Arthritis* (1 session) Educates adults on what arthritis is and how to effectively manage symptoms of arthritis.
- **Asthma:** *Asthma Basics* (1 session) Educates children and parents on risk factors, asthma attack prevention, medication adherence, and the use of peak flow meters and spacers.
- **Chronic Condition Support:** *Healthier Living* (6 session series) Teaches skills to help manage patient's chronic disease. Instruction includes nutrition, goal setting, and how to better communicate with providers and family members.
- **COPD:** *Living with COPD* (1 session) Teaches adults basic COPD information in easy-to-understand terms, common symptoms, and ways to slow the progression of COPD.
- **Diabetes:** *Diabetes Self-Management Education and Support* (4 sessions) Teaches diabetes self-management in easy-to-understand terms, including symptoms of diabetes, the importance of knowing blood sugar numbers, and ways to manage diabetes.
- **Disability Support:** *Living Well With A Disability*: (8 session series) A peer support workshop for anyone with a health challenge or disability to build skills, and maintain a life of healthy independent living.
- **Hypertension/Hyperlipidemia:** *Love Your Heart* (1 session) Teaches skills to prevent and manage high blood pressure and high cholesterol. Instruction includes nutrition and exercise information.

Health Education

- **Cold or Flu? Antibiotics Won't Work for You!** (1 session) Teaches participants the difference between a virus and bacteria, what antibiotics are used for and how to take them, awareness of the risk of antibiotic resistance, and ways to help relieve cold and flu symptoms without the use of antibiotics.
- **Fitness for older adults:** *Burn Rubber* (1 session) An exercise program where participants will "burn" calories with the use of a "rubber" resistance band. Popular resistance band exercises have been modified to perform in a chair to meet the needs of the senior population. Eight different exercises are covered for a total body workout. **Medication Management:** *Know Your Medicine* (1 session) Teaches adults the different types of drugs and what makes them different, the difference between generic and brand-name drugs, ways to take medications safely and how to get the most of your personal pharmacist.
- **Pre-Diabetes:** *Little Sugar in the Blood* (1 session) For members diagnosed with pre-diabetes (previously called borderline diabetes) or at risk of developing diabetes. Teaches the risk factors that contribute to developing diabetes and how to slow the progression to Type 2 diabetes through good nutrition and physical activity.
- **Stress & Anxiety Management:** *Stress & Anxiety Management* (1 session) Teaches what stress and anxiety is, its effect on health, signs/symptoms, and ways to manage stress and anxiety.
- **What To Do When Your Child Gets Sick** (1 session) Introduces the book, "What To Do When Your Child Gets Sick" to parents with children 0-12 years old. Instruction includes how to use the book at home to care for a sick child and how to protect a child from accidents and injury. The class also discusses how to get the right medical care for a child.

Nutrition / Weight Management

- **Nutrition and physical activity for ages 2-5:** *Eat and Play in a Healthy Way* (2 sessions) Teaches parents and caregivers of children ages 2-5 how developmental stages are linked to common mealtime behaviors, the "parent provides, child decides" principle for healthy nutrition and the importance of physical activity at a young age.
- **Nutrition for families:** *My Healthy Plate* (1 session) Introduces "My Healthy Plate" to the entire family. Teaches how to build a healthy plate by balancing portion size and including all basic food groups.
- **Pediatric weight management:** *e.n.e.r.g.y. (Eating Nutritiously, Exercising Regularly & Growing "Y"-isely)* (8 sessions) Children 6 to 17 years old and their families. Teaches healthy nutrition, importance of physical activity, and techniques to modify behavior.
- **Weight management for ages 18+:** *L.A. Care Weight Watchers Program* Adult L.A. Care Medi-Cal (MCLA) and IHSS members may participate in a limited number of Watchers® weekly meetings at no cost to the member. (Weight Watchers may have restrictions and not all members will qualify.)

Medical Nutrition Therapy (MNT)

- **MNT:** Services provided under the supervision of a Registered Dietician (RD). Referrals must include all information marked with an asterisk (*) on the referral form and include the physician's signature. If a referral is faxed, the office must retain the fax documents as part of the patient's medical record.

Cultural & Linguistic Services

- **Ethnic Group Resources:** Referral to community-based organizations working with specific ethnic groups.
- **Services for People with Disabilities:** Referrals to agencies that offer assistance for people living with disabilities (hearing, vision, and physical impairment).
- **Services for Older Adults:** Referral to culturally and linguistically appropriate senior centers and programs.

Please fax the completed form to (213) 438-5042

“Healthy Mom” Program



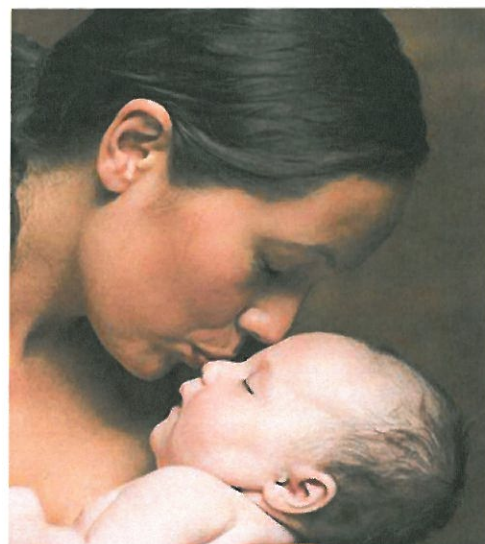
After you give birth, it is time to think about you!
Get a **\$40 Target gift card** for going to your postpartum doctor visit!

Your postpartum visit is important because your doctor will make sure:

- You don't have any infections.
- Your body is healing.
- You are doing well emotionally.
- It is ok to go back to regular activities, like sex.
- To help you with family planning practices.
- To check your weight and blood pressure.

L.A. Care Health Plan will:

- Educate you on the importance of the postpartum visit.
- Help you schedule your postpartum visit.
- Arrange interpreting services, if needed.
- Arrange transportation services, if needed.



Eligible L.A. Care Medi-Cal direct members who complete their postpartum visit **21-56 days (3-8 weeks)** after giving birth can qualify for a **\$40 Target gift card**. L.A. Care will confirm your appointment with your provider in order to get the gift card.

\$40 GIFT CARD

Your postpartum visit
should be between
21-56 days
(3-8 weeks) after
giving birth.

If you need help, call:
Lidia Palomarez
Women's Health Coach
L.A. Care Health Plan
lpalomarez@lacare.org
213.694.1250 x 4408

Programa “Healthy Mom”



¡Después de dar a luz, es momento de pensar en usted!
¡Reciba una **tarjeta de regalo de Target por \$40** por ir a su visita posparto!

Su visita posparto es importante porque su médico se asegurará de que:

- No tenga ninguna infección.
- Su cuerpo se cure como debe ser.
- Se encuentre bien emocionalmente.
- Se encuentre bien para retomar las actividades regulares, como por ejemplo las relaciones sexuales.
- Pueda ayudarla con las prácticas de planificación familiar.
- Tenga el peso y la presión arterial bajo control.



L.A. Care Health Plan:

- Asesorará a las mamás sobre la importancia de la visita posparto.
- Le ayudará a programar su visita posparto al médico.
- Coordinará servicios de interpretación, si es necesario.
- Coordinará servicios de transporte, si es necesario.

Las miembros elegibles que estén inscritas en el programa de cobertura directa de Medi-Cal de L.A. Care y vayan a su visita posparto entre **21 y 56 días (3 a 8 semanas)** después de dar a luz, podrán recibir una **tarjeta de regalo de Target por \$40**.

**TARJETA DE
REGALO POR
\$40**

Su visita posparto
debe ser entre **21 y
56 días (3 a 8
semanas)** después
de dar a luz.

Si necesita ayuda, llame a:

Lidia Palomarez

Consejera para la salud de las mujeres

L.A. Care Health Plan

lpalomarez@lacare.org

213.694.1250 x 4408

MINIMUM REQUIREMENTS FOR TOBACCO CESSATION SERVICES



OVERVIEW

As per MMCD Policy Letter 14-006, effective **November 1, 2014**, Primary Care Physicians (PCPs) are required to adhere to the following minimum requirements for tobacco cessation services for Medi-Cal members. The full policy letter can be found at: <http://tinyurl.com/pxpe2j5>

At minimum, PCPs must:

- Conduct an initial and annual assessment of tobacco use for each member (in addition, pregnant women are to be asked about their exposure to tobacco)
- Document tobacco use in the patient's medical record
- Ask tobacco users about tobacco status at every visit
- Complete an Individual Comprehensive Health Assessment, including the Staying Healthy Assessment (SHA), for all new patients within 120 days of enrollment

Tobacco Cessation Service Requirements

Tobacco cessation medications and services are covered for at least two separate quit attempts per year.

Tobacco Cessation Medications:

Health Plan	Nicotine patches	Nicotine gum	Nicotine lozenges	Nicotine nasal spray	Nicotine inhaler	Bupropion (Zyban) & SR (Wellbutrin)	Varenicline (Chantix)
Care1st Health Plan	PA required, smoking certificate no longer needed	PA required, smoking certificate no longer needed	PA required, smoking certificate no longer needed	PA required, smoking certificate no longer needed	PA required, smoking certificate no longer needed	Formulary, no PA or ST requirement	PA required, smoking certificate no longer needed
Anthem	Formulary	Formulary	Formulary	PA	PA	Formulary	PA
L.A. Care Health Plan	Formulary, no PA or ST requirement	Formulary, no PA or ST requirement	Formulary, no PA or ST requirement	Formulary, no PA or ST requirement	Formulary, no PA or ST requirement	Formulary, no PA or ST requirement	Formulary, with PA requirement

PA= Prior Authorization ST= Step Therapy

Individual, Group and Telephonic Counseling

- Individual, group, and telephonic counseling must be offered.
 - Refer to L.A. Care Health Education at <http://tinyurl.com/qce58cd>
 - CA Smoker's Helpline, 1-800-NO-BUTTS
 - Healthycity.org
- Pregnant women must be offered at least one face-to-face counseling session per quit attempt.
- School aged children and adolescents must be provided interventions to prevent tobacco use.
- 5 A's of Tobacco Cessation Counseling
 - Providers are encouraged to use the 5 A's when counseling patients: Ask, Advise, Assess, Assist, and Arrange.

Physician Training and Monitoring

For more information and additional training, including L.A. Care's Tobacco Cessation Provider Toolkit, please visit www.lacare.org. L.A. Care will monitor provider adherence to the new tobacco cessation requirements. Details to follow. Please call the Provider Service Line at 1-866-522-2736 with questions.

My Health In Motion – Member Wellness Site

L.A. Care Health Plan is excited to introduce our new My *Health In Motion* member wellness site! This online tool is a one-stop shop for health and wellness information, self-management tools, and other important resources to help keep L.A. Care members healthy and well.

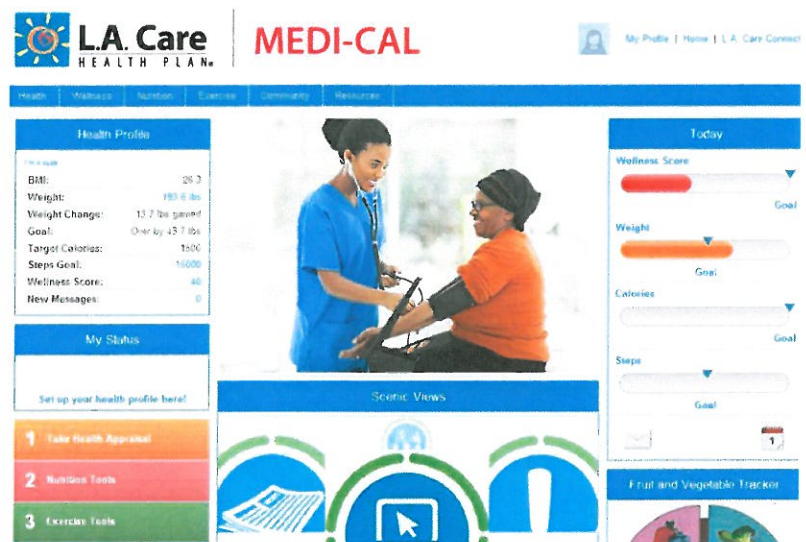
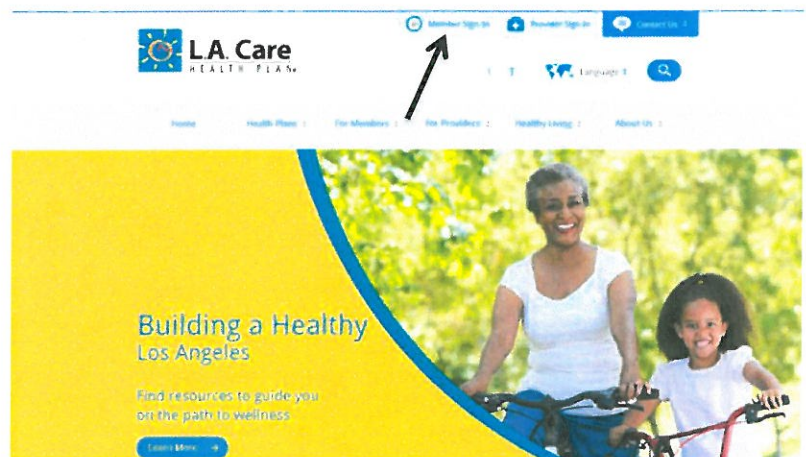
Here's what you'll find on our My Health in Motion site:

- A comprehensive health appraisal with a health risk report and recommendations for improvement
- Self-management tools such as exercise, nutrition, tobacco cessation, stress management, and weight management
- One-on-one online health coaching sessions
- Health trackers to help reach health and wellness goals
- Interactive online health workshops
- A health and medical information library
- Healthy recipes
- Self-help videos

To access My Health In Motion, members should:

- Go to www.lacare.org and click on “Member sign in” at the top of the page to sign in to the L.A. Care Connect member portal
- Click on the “My Health In Motion” tab

We hope that you will use it to help members strive to be as healthy as they can be. If you have questions, please contact Health Education staff at MyHIM@lacare.org



Tobacco Cessation Resources

Below is a list of organizations that can give you help you quit smoking. Ask your doctor, pharmacist, and/or educator to help you find others. Often your local hospital may have support groups.

AcuHope

5953 Laurel Cyn Blvd. Ste C Valley Village, CA 91607
818-708-1698, Joanne

www.acuhope.com

Type of Service: Use Acupuncture treatment to help smokers stop smoking

Accepts most insurances

AcuHope

18740 Ventura Blvd. Ste 204 Tarzana, CA 91356
818-708-1698, Joanne

www.acuhope.com

Type of Service: Use Acupuncture treatment to help smokers stop smoking

Accepts most insurances

American Lung Association-Not on Tobacco

2025 Weswind Dr Ste C. Bakersfield, CA 93301
800-586-4872 Opt 1; 661-847-4700; 310-735-9175
Tammy or Jill

www.lung.org/california

Type of Service: Classes, group sessions and telephonic counseling

American Lung Assoc.-Freedom from Smoking

3325 Wilshire Blvd Ste 900 Los Angeles, CA 90010
800-586-4872 Opt 1; 213-384-5864 or 310-735-9175
Reyna

www.lung.org/california

Type of Service: Class and telephonic counseling

American Lung Association of California

3326 Wilshire Blvd Ste 901 Los Angeles, CA 90010
1-800-548-8252; 213-384-5864 Opt 0, Hector

www.lung.org/california

Type of Service: Helpline, Telephonic counseling

Buddhist Tzu Chi Community Clinic

1000 S Garfield Ave. Alhambra, CA 91801
626-281-3383, Yng

www.tzuchimedicalfoundation.org

Type of Service: Information and classes

Buddhist Tzu Chi Community Clinic

10414 Vacco St. S El Monte, CA 91733
626-281-3383

www.tzuchimedicalfoundation.org

Type of Service: Classes, group sessions and telephonic counseling

California Smokers Helpline

1-800-NO-BUTTS (1-800-662-8887)

Type of Service: Helpline, Telephonic Counseling

Center for Disease Control and Prevention

Office on Smoking and Health
1-800-784-8669 (1-800-QUIT-NOW)

Type of Service: Helpline, Telephonic Counseling

Glendale Adventist Medical Center

1509 Wilson Terrace Glendale, CA 92106
818-409-8042; 323-255-9030 Opt 2, Michael

www.adventisthealth.org/glendale

Type of Service: Classes, group sessions and telephonic counseling

Kaiser Permanente-Freedom from Smoking

5105 Goldleaf Cr. Los Angeles, CA 90056
866-402-4320, 216-265-6800, Katrina
866-862-4295-Wellness Coaching by Phone

www.kp.org/quitsmoking

Type of Service: Classes, group sessions and telephonic counseling

National Cancer Institute

1-877-444U-QUIT (1-877-448-7848)

Type of Service: Help line, Telephonic counseling

National Council on Alcoholism and Drug Dependence (NCADD) South Bay Area

1334 Post Ave. Torrance, CA 90501

310-328-1460, Vanessa

<http://ncadd.org/>

Type of Service: Classes and group sessions

National Council on Alcoholism and Drug Dependence (NCADD) of the East San Gabriel and Pomona Valleys

4625 N Grand Ave, Covina, CA 91724

800-622-2255; 626-331-5316, Gaby

<http://ncadd.org/>

Type of Service: Classes and group sessions

Nicotine Anonymous

351 E. 6th St. Long Beach, CA 90802

Flossie Center

800-642-0666; 562-435-7350, Monica

www.scina.org

Type of Service: Group sessions

Nicotine Anonymous

1260 18th St. Santa Monica, CA 90404

Unitarian Church Cottage

800-642-0666; 310-780-6380, Marjorie

www.scina.org

Type of Service: Group sessions, Thursdays 7:30pm

Nicotine Anonymous

346 Termino Ave. Long Beach, CA 90814

All Saints Episcopal Church, Pre-school room

1-800-642-0666, 562-427-8595

www.scina.org

Type of Service: Group sessions, Mondays 6pm

Nicotine Anonymous

1509 Wilson Terrace Glendale, CA 92106

Glendale Adventist Medical Center @ 2 & 134 fwys

1-800-642-0666, Steve

www.scina.org

Type of Service: Group sessions, Mondays 6:15pm

Nicotine Anonymous

626 Robertson West Hollywood, CA 90069

West Hollywood Recovery - Big Room

1-800-642-0666

www.scina.org

Type of Service: Group sessions, Mondays 6:30pm

Nicotine Anonymous

3333 Skypark Drive, Torrance, CA

McMillan Medical Center, Room 300

1-800-642-0666, Lance

www.scina.org

Type of Service: Group sessions, Mondays 7pm

Nicotine Anonymous

23621 S Main St. Carson, CA 90745

Kaiser Foundation, Carson CDRP, Room A

800-642-0666; 310-513-6707 Opt 2, Karla

www.scina.org

Type of Service: Group sessions, Tuesdays 6pm

Nicotine Anonymous

14722 Clark Ave. Bellflower, CA 90706

Calvary Baptist Church-Family Center Room

1-800-642-0666, 562-644-5225, Joseph

www.scina.org

Type of Service: Group sessions, Tuesdays 7pm

Nicotine Anonymous

397 W. 104th St. Inglewood, CA 90303

Christian Church Inglewood Southside

1-800-642-0666

www.scina.org

Type of Service: Group sessions, Wednesdays 6pm

Nicotine Anonymous

1161 E. Covina Blvd., Covina, CA

Aurora Charter Oak Hospital, Group Room

1-800-642-0666

www.scina.org

Type of Service: Group sessions, Wednesdays 6:30pm

Nicotine Anonymous

9449 Imperial Highway Downey, CA 90242

Kaiser Imperial Medical Center, Room Q22

1-800-642-0666

www.scina.org

Type of Service: Group sessions, Wednesdays 7pm

Nicotine Anonymous

512 Main St., El Segundo, CA
upstairs and look for gnome
1-800-642-0666

www.scina.org

Type of Service: Group sessions, Thursdays 7pm

Nicotine Anonymous

1260 18th St., Santa Monica, CA
Unitarian Church Room 6 – cottage
1-800-642-0666

www.scina.org

Type of Service: Group sessions, Thursdays 7:30pm

Nicotine Anonymous

4445 Nobles Ave, Sherman Oaks, CA
Sherman Oaks Presbyterian Nursery School
800-642-0666

www.scina.org

Type of Service: Group sessions, Thursdays 8pm

Nicotine Anonymous

14722 Clark Ave. Bellflower, CA 90706
9416 Club
1-800-642-0666

www.scina.org

Type of Service: Group sessions, Fridays 3pm

Nicotine Anonymous

2900 Sunset @ Parkman, Los Angeles, CA
Café Tropical Back Room
1-800-642-0666

www.scina.org

Type of Service: Group sessions, Fridays 6:30pm

Nicotine Anonymous

5881 Cherry Ave. Long Beach, CA 90805
Intercity Fellowship; Main Meeting Room
1-800-642-0666, 562-206-6020

www.scina.org

Type of Service: Group sessions, Saturdays 9am

Nicotine Anonymous

12720 Washington Blvd. Culver City, CA 90066
Marina Center
1-800-642-0666, 310-396-3525, Jack

www.scina.org

Type of Service: Group sessions, Saturdays 5pm

Nicotine Anonymous

12355 Moorpark Ave. Studio City, CA
Unitarian Universalist Church
1-800-642-0666

www.scina.org

Type of Service: Group sessions, Sundays 4:30pm

Save Our Selves

1540 East Colorado St. Glendale, CA 92105
Didi Hirsch Community Mental Health Center
323-666-4295, Jim

www.cfiwest.org/sos; www.sossobriety.org

Type of Service: Group sessions, Fridays 7pm,
Sundays 12pm to 1:30pm

Save Our Selves

425 South Broadway, Los Angeles CA 90068
2nd Floor
323-666-4295

www.cfiwest.org/sos; www.sossobriety.org

Type of Service: Group sessions, Mondays 7:30pm,
Wednesdays 7:30pm, Friday 7:30pm

Save Our Selves

6666 Green Valley Circle Los Angeles, CA 90066
SHARE Center
323-666-4295, Jim

www.cfiwest.org/sos; www.sossobriety.org

Type of Service: Group sessions, Thursdays, 8pm

Save Our Selves

7621 Canoga Park Ave. Canoga Park, CA 91301
West Valley Mental Health Center
323-666-4295

www.cfiwest.org/sos; www.sossobriety.org

Type of Service: Group sessions

Save Our Selves

27955 Sloan Canyon Rd. Castaic, CA 91310
Warm Springs Library
323-666-4295, Joseph

www.cfiwest.org/sos; www.sossobriety.org

Type of Service: Group sessions, every 1st Saturday
5:45pm

Save Our Selves

4773 Hollywood Blvd. Hollywood, CA 90027
323-666-4295, Jim

www.cfiwest.org/sos; www.sossobriety.org

Type of Service: Group sessions, Tuesdays 8pm

Torrance Memorial Medical Center

3333 Skypark Dr. Ste. 300, Torrance, CA

McMillan Medical Center

310-325-9110, Vicky

www.torrencememorial.org

Type of Service: 6 or 8 week Breathe Freely classes

UCLA

200 UCLA Medical Plaza Building L.A, CA 90095

Suite 204

310-825-0014

Type of Service: Freedom From Smoking classes, 8 week course, Tuesday evenings, 4pm - 6pm

Cost: \$100 for UCLA employees, \$150 for non-UCLA employees

Watts Healthcare Corp. Preventive Health Services

10300 S. Compton Blvd. Los Angeles CA 90002

Watts Health Center

323-357-6628

Type of Service: Classes, Tuesdays 10am, English and Spanish; Teens and Adults

For accommodation of persons with special needs, call
1-888-439-5123 or TTY **1-866-522-2731**