



health net™

# Digital Health Education Resources at Your Fingertips

2024

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# Digital Resources Right at Your Fingertips!



You can use this tool to help you stay healthy.

**Scan QR codes** and **click the URL links** to get quick information on many health topics.

This information is not intended as medical advice. Always consult your doctor before changing medications and when evaluating treatment and screening options.

# How to use a QR code

## Apple Phone Users:

- 1. Open the Camera App:** Find and open the Camera app on your iPhone or iPad.
- 2. Point at the QR Code:** Aim your camera at the QR code.
- 3. Wait for the Notification:** Once the camera sees the QR code, a notification will pop-up on your screen.
- 4. Tap the Notification:** Tap the notification to open the link or content from the QR code.

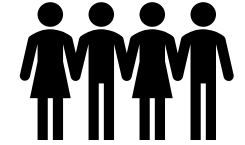
## Android Phone Users:

- 1. Download a QR Code Scanner App:** Go to the Google Play Store and download a QR code scanner app. You can find one by looking for "QR code scanner" in the search bar.
- 2. Open the QR Code Scanner App:** Once downloaded, open the QR code scanner app.
- 3. Point at the QR Code:** Aim your camera at the QR code.
- 4. Wait for the app to see it:** Hold still while the app sees the QR code.
- 5. Read or Open:** Once the app sees it, the app will show you the information or ask you to open it in a web browser or another similar app.

# List of Topics

- Adult
- Asthma
- Controlling Blood Pressure
- Dental Health
- Diabetes
- Medication Support
- Mental Health
- Opioids
- Pediatric
- Pregnancy
- Senior Health
- Teen Health

# Adult - Digital Resources for Patients



## Flu



Learn about the signs of the flu, how to treat it and ways to prevent it.

**Source: Krames**

<https://cahealthnet.kramesonline.com/Search/3,S,89201>

## Immunization



Learn about the types of vaccines for you and your family.

**Source:** [https://www.cdc.gov/vaccines/?CDC\\_AAref\\_Val=https://www.cdc.gov/vaccines/schedules/index.html](https://www.cdc.gov/vaccines/?CDC_AAref_Val=https://www.cdc.gov/vaccines/schedules/index.html)

## Low Back Pain



Low back pain is very common. Learn about signs and what you may be feeling, causes, and how it is treated.

**Source: World Health Organization**

<https://www.who.int/news-room/fact-sheets/detail/low-back-pain>

## Screenings for Cancer



Learn about tests for breast, cervical, colon, and lung cancer screenings.

**Source: CDC**

[https://www.cdc.gov/cancer/prevention/screening.html?CDC\\_AAref\\_Val=https://www.cdc.gov/cancer/dcpc/prevention/screening.htm](https://www.cdc.gov/cancer/prevention/screening.html?CDC_AAref_Val=https://www.cdc.gov/cancer/dcpc/prevention/screening.htm)

## Using Antibiotics



Learn why it's valuable to take antibiotics only when they are needed.

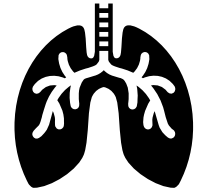
**Source:** [Healthy Habits: Antibiotic Do's and Don'ts | Antibiotic Prescribing and Use | CDC](#)



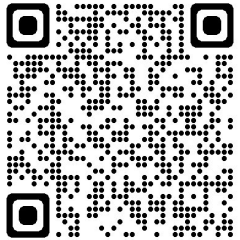
Learn the value of antibiotic use, and the risks of using them when they are not needed.

**Source:** [Patient Education Resources | Antibiotic Prescribing and Use | CDC](#)

# Asthma - Digital Resources for Patients



## Asthma Medicine

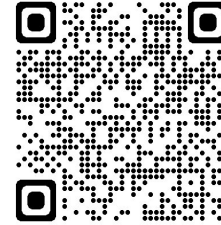


Learn about the types of asthma medication and recommendations on how and when to use them.

**Source: Krames**

<https://cahealthnet.kramesonline.com/Search/3,S,88781>

## Understanding Asthma

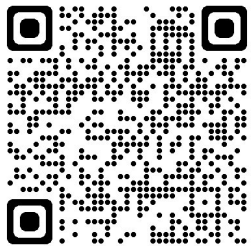


Learn how asthma works and how it affects your health.

**Source: Krames**

<https://cahealthnet.kramesonline.com/Search/3,S,82427>

## Controlling Your Asthma



Learn how to take care of your asthma so you can enjoy a better quality of life.

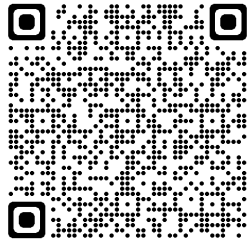
**Source: Krames**

<https://cahealthnet.kramesonline.com/Search/3,S,88785>

# Controlling Blood Pressure - Digital Resources for Patients



## Changes You Can Make to Manage High Blood Pressure

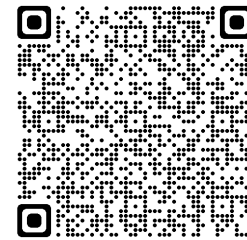


Learn how a heart-healthy lifestyle can make a good change in your blood pressure.

**Source: American Heart Association**

<https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure>

## Monitoring Your Blood Pressure at Home



Learn how to use a home blood pressure machine.

**Source: American Heart Association**

<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>

## Understanding Blood Pressure Readings



Teach yourself by learning about blood pressure ranges, and what they mean.

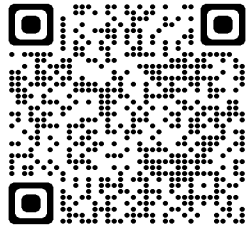
**Source: American Heart Association**

<https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

# Dental Health - Digital Resources for Patients

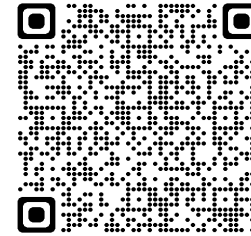


## Oral Health for Adults: What Your Need to Know to help you have Healthy Teeth



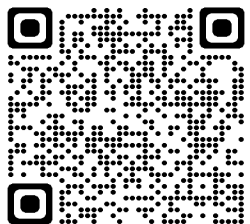
Learn why oral health is part of a healthy lifestyle.  
**Source:** [Oral Health for Adults | HRSA](#)

## Prevent Tooth Decay Now: Talk to Your Child's Doctor about Topical Fluoride Varnish



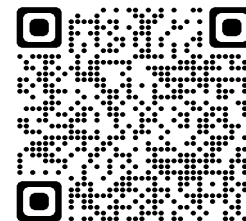
Learn how to prevent tooth decay with Fluoride.  
**Source:** [Fluoride Varnish:WhatParentsNeed toKnow - HealthyChildren.org](#)

## Parent's Guide: Dental Check-up Is the Key to Healthy Teeth



As baby's get teeth, learn how to keep them healthy.  
**Source:** <https://parentguide.first5california.com/en-US/chapter/oral-health>

## Tips to Help Your Child Have a Beautiful Smile



Learn why it's important to take care of your child's oral health.  
**Source:** [Oral Health for YoungChildren | HRSA](#)



# Diabetes - Digital Resources for Patients



## All About Your A1c



Learn about the A1c test, how often you should have it and what the results mean.

**Source: CDC**

[Testing for Diabetes and Prediabetes: A1C | Diabetes | CDC](#)

## Eye Health and Diabetes



Steps to keep your eyes healthy while having diabetes.

**Source: CDC**

[Vision Loss and Diabetes | Diabetes | CDC](#)

## Heart Disease and Diabetes



Learn how to lessen your risk by knowing your numbers and target ranges.

**Source: AHA**

[Diabetes and Heart Disease: The Numbers You Need to Know \(knowdiabetesbyheart.org\)](#)

## Kidney Care and Diabetes



Learn about how to take care of your kidneys when you have diabetes.

**Source: CDC**

[Risk Factors for Chronic Kidney Disease | Chronic Kidney Disease | CDC](#)

## Mental Health and Diabetes



Learn how mental health issues could affect your diabetes care plan.

**Source: CDC**

[Diabetes and Mental Health | Diabetes | CDC](#)

## Overview of Diabetes Complications

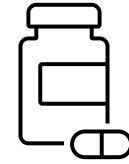


Learn about problems that are linked to diabetes

**Source: Krames**

<https://centene.staywellhealthlibrary.com/Search/85,P00330>

# Medication Support - Digital Resources for Patients



## Cholesterol Support



Learn how cholesterol medication and lifestyle changes can control your levels.

**Source: Krames**

[Krames Online - All About Cholesterol Control](#)

## Heart Failure Support



Learn how taking medicine can help control heart failure.

**Source: Krames**

[Krames Online - Taking Medicine to Control Heart Failure](#)

## Diabetes Support

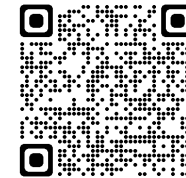


Learn how taking medicine can help control diabetes.

**Source: Krames**

[Krames Online - Taking Medicine for Diabetes](#)

## Statins

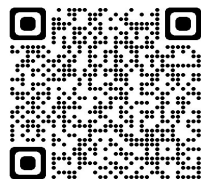


Learn about use, risks and how statins work.

**Source: CDC**

[The Scoop on Statins | Million Hearts® \(hhs.gov\)](#)

## Heart Support



Learn more about your heart medications and how to take them the right way.

**Source: AMA**

<https://www.heart.org/en/health-topics/cardiac-rehab/managing-your-medicines>

## Persistence Use of Beta-blocker After Heart Attack



Tips on how to take a beta-blocker after a heart attack.

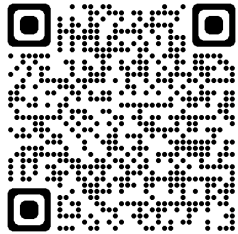
**Source: Krames**

<https://cahealthnet.kramesonline.com/Search/3,S,83118>

# Mental Health - Digital Resources for Patients



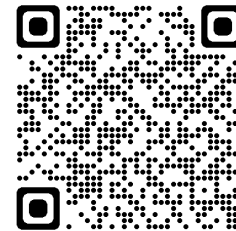
## Mental Health Resource Center



A library of resources on the topic of mental health.

**Source:** [Mental Health \(staywellhealthlibrary.com\)](https://staywellhealthlibrary.com)

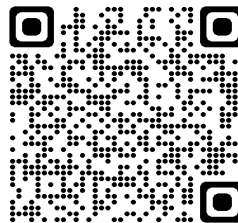
## Support for You and Your Loved Ones



A resource for finding Health Care or support for mental health, drugs or alcohol.

**Source:** [Health care or support for mentalhealth, drugs, alcohol | SAMHSA](#)

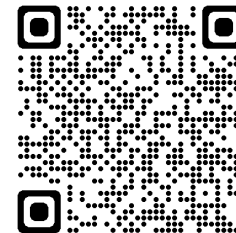
## Mental Health Screenings Save Lives: Know the Warning Signs and Where to Get Help



Learn signs and symptoms of mental illness.

**Source:** [Know the Warning Signs | NAMI: National Alliance on Mental Illness](#)

## What Every Child Needs for Good Mental Health



A resource for mental health and children.

**Source:** [Mental Health America What Every Child Needs For Good Mental Health | Mental Health America \(mhanational.org\)](#)

# Opioids- Digital Resources for Patients



## Opioid Treatment Planning



Steps on how to make a plan to treat pain with opioids.

**Source: Krames**

<https://cahealthnet.kramesonline.com/Search/3,S,90891>

## Pain Management

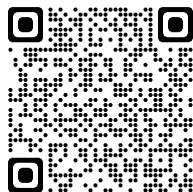


Understand how to use opioid medicines for pain.

**Source: Krames**

<https://cahealthnet.kramesonline.com/Search/3,S,90890>

## Risks and Side Effects of Opioids

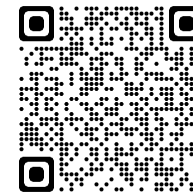


Understanding the risks and side effects of opioid medicines.

**Source: Krames**

<https://cahealthnet.kramesonline.com/Search/3,S,90893>

## Emergency Overdosage - Nasal

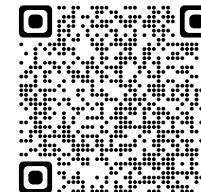


Step-by-Step guide on how to give emergency **nasal** naloxone for opioid overdose.

**Source: Krames**

<https://cahealthnet.kramesonline.com/Search/3,S,90959>

## Emergency Overdosage- Shot



Step-by-Step on how to give an emergency **shot** of Naloxone for opioid overdose (Patient Video).

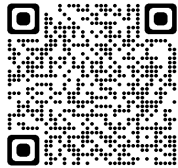
**Source: Krames Staywell**

<https://centene.staywellhealthlibrary.com/MultimediaRoom/VideoLibrary/?e=0#player:138,a90958>

# Pediatric - Digital Resources for Patients



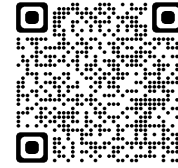
## Well Child Visit: Keep Your Child Healthy



Learn about important check-ups for the health of your child.

**Source:** [About Children's Checkups | California Parent Guide \(first5california.com\)](https://www.first5california.com/)

## Birth to Age 2 Health Screening Guidelines



Learn about screenings for the baby.

**Source:** [Krames Health Screening Guidelines for Children from Birth to Age 2 \(staywellhealthlibrary.com\)](https://www.staywellhealthlibrary.com/)

## Plan Now: Well Child Visit Schedule



Learn about health check-ups and immunizations to keep your child healthy.

**Source:** [AAP Schedule of Well-Child Care Visits - HealthyChildren.org](https://www.healthychildren.org/)

## Age 2 to 18 Health Screening Guidelines



Learn about screenings for the child from age 2-18.

**Source:** [Krames Health Screening Guidelines, Ages 2 to 18 \(staywellhealthlibrary.com\)](https://www.staywellhealthlibrary.com/)

## Vaccines for Your Children



Learn about recommended vaccines to prevent illness.

**Source:** [https://www.cdc.gov/vaccines-children/schedules/?CDC\\_AAref\\_Val=https://www.cdc.gov/vaccines/parents/schedules/index.html](https://www.cdc.gov/vaccines-children/schedules/?CDC_AAref_Val=https://www.cdc.gov/vaccines/parents/schedules/index.html)

## Overuse of Antibiotics in Children



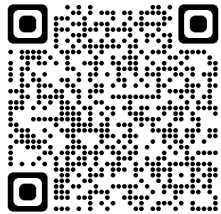
Learn about the Danger of Antibiotic Overuse in Children.

**Source:** [The Danger of Antibiotic Overuse \(for Parents\) | Nemours KidsHealth](https://www.nemourskidshealth.org/)

# Pediatric Healthy Living - Digital Resources for Patients



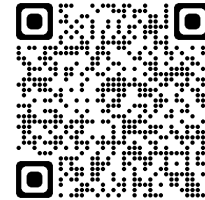
## Children's Health: Parenting Tips



Learn about the health of your child.

**Source:** [Children's Health \(staywellhealthlibrary.com\)](https://staywellhealthlibrary.com)

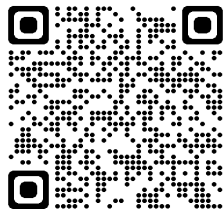
## Safe at Home



Learn ways to keep your baby from getting hurt.

**Source:** [Child Safety | California Parent Guide \(first5california.com\)](https://first5california.com)

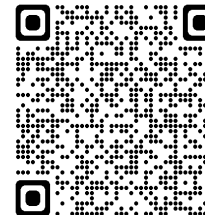
## Eating Well



Learn about healthy food choices for you and your family.

**Source:** [Eating Well | California Parent Guide \(first5california.com\)\)](https://first5california.com)

## Lead Screening Protect Your Child from Lead Poisoning



Learn how to protect your child from lead poisoning.

**Source:** [Protect Your Child 10 16 En Spanish Generic \(ca.gov\)](https://ca.gov)

# Pregnancy - Digital Resources for Patients



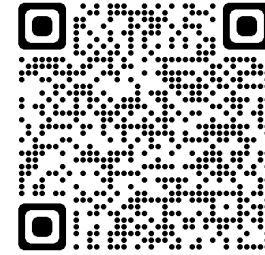
## Your Guide to a Healthy Pregnancy



Learn how to take care of yourself and your baby.

**Source:** ACOG: [Pregnancy](#) | ACOG

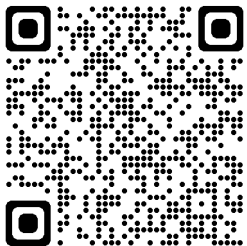
## Resource Center for Pregnant Women



Learn about taking care of you and your baby during pregnancy.

**Source:** Krames resources on Pregnancy  
<https://centene.staywellhealthlibrary.com/Conditions/Pregnancy/>

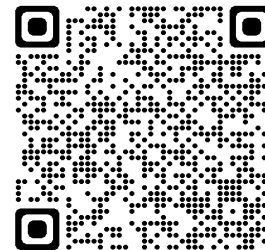
## The Importance of Prenatal Care



Learn about health care during pregnancy.

**Source:** Prenatal care | Office on Women's Health([womenshealth.gov](http://womenshealth.gov))

## Tips for Pregnant Moms: Healthy Eating and Exercise



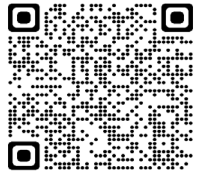
Learn tips on healthy eating and activity during pregnancy.

**Source:** USDA [Tips for Pregnant Moms \(usda.gov\)](http://usda.gov)

# Senior Health - Digital Resources for Patients



## Improve Bladder Control

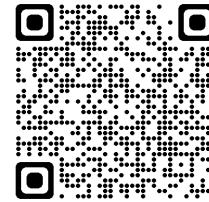


15 Tips to Keep Your Bladder Healthy.

**Source: NIH**

<https://www.nia.nih.gov/health/bladder-health-and-incontinence/15-tips-keep-your-bladder-healthy>

## Reduce Fall Risk

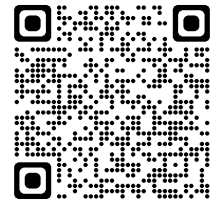


Home fall prevention checklist for older adults.

**Source: CDC**

<https://www.cdc.gov/steady/pdf/steady-brochure-checkforsafety-508.pdf>

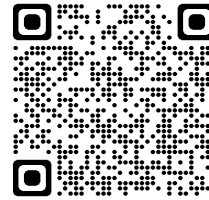
## Osteoporosis in Women



Diagnosis, treatment options and lifestyle management.

**Source: Krames Staywell**

<https://centene.staywellhealthlibrary.com/Search/85,P00932>



Patients will learn how to reduce falls.

**Source: CDC**

<https://www.cdc.gov/steady/pdf/STEADI-Brochure-WhatYouCanDo-508.pdf>

## Physical Activity

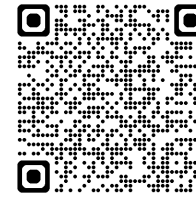


Supports adding physical activity as an older adult. Also supports being active with chronic conditions.

**Source: CDC**

[What You Can Do to Older Adults: Adding Activity | Physical Activity Basics | CDC](#)

## Caregiver Resources



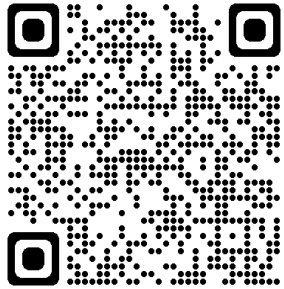
How family members can help you with your care.

**Source: CDC**

[Patient & Caregiver Resources | STEADI - Older Adult Fall Prevention | CDC](#)



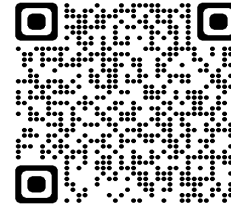
# Teen Health - Digital Resources for Patients



*Health Education on various topics for teens*

**Source: CDC**

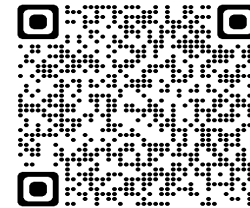
<https://www.cdc.gov/healthyouth/education-materials/index.htm>



*For Teens: Get the Facts about STIs*

**Source: Krames**

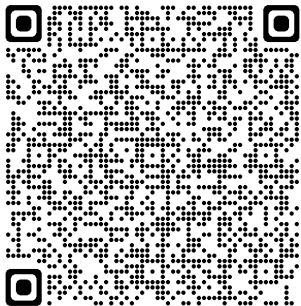
[Krames Online - For Teens- Get the Facts About STIs](#)



*How to get Fit and Stay Healthy: Tips for Teens*

**Source: Healthy Children.org**

[How Teens Can Stay Fit - HealthyChildren.org](#)



*For Teens: How to Make Healthy Decisions About Sex*

**Source: Healthy Children.org**

[Dating & Sex - HealthyChildren.org](#)




*Health Concerns for Gay and Lesbian Teens*

**Source: Healthy Children.org**

[Health Concerns for Gay and Lesbian Teens - HealthyChildren.org](#)

# Search Online Health Topics

Resource description	Resource Link	QR Code
A searchable library of health topics including: diseases and conditions, chronic medical concerns, drugs/herbs/supplements, nutrition and wellness, health topics for the whole family, healthy living and assessment tools.	<a href="https://centene.staywellhealthlibrary.com/">https://centene.staywellhealthlibrary.com/</a>	
This large library of health sheets was written for patients. It covers: health topics and conditions, diagnoses and ways they are treated, surgery and procedures, and wellness and safety for people of all ages and walks of life. Medications are also included with a complete drug guide that answers common questions.	<a href="https://cahealthnet.kramesonline.com/">https://cahealthnet.kramesonline.com/</a>	