

Jackson Care Connect Wellness Programs

Jackson Care Connect is your partner in good health. Please use the following services and programs in your community that support the health of you and your family.

Chronic Pain Support Group

Learn different ways for dealing with chronic pain.

WHEN: Every Wednesday, 3:30 to 5 p.m. – FREE! Open to all.

WHERE: Rogue Valley Family YMCA – 522 W. 6th St., Medford

YMCA Family Night of Fun

Bring the family to play volleyball, racquetball or wallyball. Visit the youth center for billiards, foosball, crafts and video games. Try rock climbing in the climbing gym, or enjoy a swim in the large pool.

WHEN: Third Friday of every month, 6 pm to 8 p.m. – FREE! Open to all.

WHERE: Rogue Valley Family YMCA, 522 W. 6th St.

Nutrition Workshop for Healthy Eating

Learn to make healthy food choices for yourself and your family.

WHEN: 6 to 7 p.m., July 22, Aug. 26, Sept. 23, Oct. 28, Nov. 18, Dec.16 – FREE! Open to all.

WHERE: Rogue Valley Family YMCA, 522 W. 6th Street, Medford

Stop Using Tobacco

Quitting tobacco is the single most important thing you can do to improve your health, and the health of your family.

Jackson Care Connect pays for medications and telephone counseling with a trained coach to help you stop smoking and using tobacco.

CONTACT: “Quit for Life” at 1-866-784-8454



more on back!

Wellness Check-ups for the Entire Family

Jackson Care Connect wants you and your family to be healthy.

We offer: early pregnancy visits, circumcision (removing the foreskin of a baby boy's penis), immunizations (shots), well child check-ups for kids and teens, checking your child's development, check-ups to prevent disease and wellness-checks for men and women.

CONTACT: your primary care provider to schedule your family's well-checks now, or call 1-855-722-8208 to find a primary care provider near you.

Acupuncture

Acupuncture is putting the tip of special needles into the skin to let your body's energy help you heal. Used a lot in China, it is an alternative treatment for healing the whole body.

Acupuncture can help some health problems. It may be covered for nerve problems, chemical dependency treatment, and certain conditions during pregnancy. For more information, call customer service to learn how you can request approval for acupuncture treatment.

CONTACT: Jackson Care Connect customer service: 1-855-722-8208

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Check out local health, recreation and community opportunities on our Facebook page at: www.facebook.com/jacksoncareconnect

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Jackson Care Connect
33 N. Central Avenue, Suite 211
Medford, OR 97501

