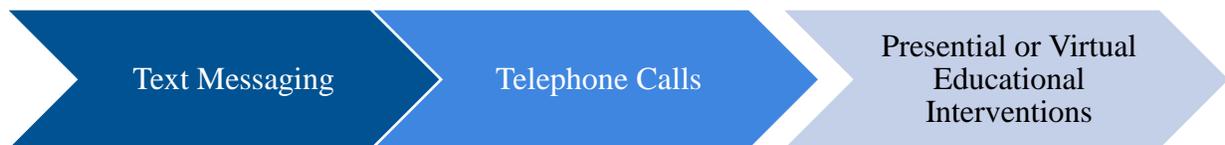


Learn about the Educational Strategies for Remote Populations

As part of the efforts to educate Government Health Plan (GHP) beneficiaries residing in remote populations, the Prevention and Health Education Unit of First Medical Health Plan, Inc., (FMHP), has the purpose of facilitating preventive and educational strategies to promote healthy lifestyles, adequate management, early detection of diseases, and appropriate use of health services. These strategies include the integration of physical, mental and social health without leaving behind the importance of knowledge, beliefs and healthy attitudes.

FMHP defines **Remote Populations** as those people living in rural, geographically isolated communities who face barriers to accessing comprehensive, affordable, high-quality health care services. The people in these communities may not receive services that support their well-being and help address the social determinants of health (SDOH), such as housing, transportation, nutritional assistance, income support, and job training. People living in rural areas are more likely to live farther away from a hospital or health facility compared to those living in urban areas. The municipalities of Vieques and Culebra will be considered as having a permanently remote population by FMHP.

What are the Educational Strategies?



Learn more about FMHP's Educational Strategies for Remote Populations:

In order to conduct educational strategies directed to Remote Populations, the Prevention and Health Education Unit of the Department of Medical Affairs is responsible for identifying the municipalities that will be considered as remote populations and coordinating the corresponding educational strategies. Annually, the Prevention and Health Education Unit of the Department of Medical Affairs:

- Will analyze the rural areas identified in the United States Census Bureau Census and related statistics in the Puerto Rico Data Center Portal (SDC-PR) to identify the remote population to be impacted.
- Will conduct Text Message Campaigns, in which educational material will be sent to the Remote Population on the following topics:
 - Preventive Tests
 - Annual Physical and Mental Test
- Will make arrangements with the Primary Medical Groups (PMG) of each municipality (if there are PMG in the municipality to be impacted) or with representatives or leaders of each municipality, to coordinate educational strategies to impact the beneficiaries of remote populations.

Together we can reach the goal!

If you have any questions regarding the Educational Strategies for Remote Populations, you can contact the Prevention and Health Education Unit through the following email: mas@firstmedicapr.com



Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your treatment, please visit your primary care physician or call the following hotlines:

Medical Advice Line

1-844-347-7801

TTY/ TDD: 1-844-347-7804

APS Healthcare

787-641-9133