Internal use only- Please do not distribute to members

BSC PROMISE MEMBER HEALTH EDUCATION RESOURCES
QUARTER 1 2026

Virtual Health Education (HE) Classes

There is no cost for our virtual health education classes. Classes are open to all BSC Promise members. Members can access these classes by telephone (listen only) or Teams meeting link.
Please direct members to call the Health Education Department at 562-613-5118 for English and Spanish, and 562-580-6109 for Mandarin and Cantonese, or the Customer Care toll-free number for class call-in information or Teams meeting link. We can help the members connect to the class as needed.

COPD – January 2026

Chronic obstructive pulmonary disease (COPD) is a lung condition that is treatable. Living with COPD can be challenging, but with the right treatment and management plan, you can live a healthier, happier life. Join us as we discuss developing a COPD action plan to help us reach our management goals.

Language	Date	Time
English	Monday, 1/26/2026	2:00 pm
Cantonese	Monday, 1/26/2026	10:00 am
Mandarin	Wednesday, 1/28/2026	2:00 pm
Spanish	Wednesday, 1/28/2026	2:00 pm

Family Nutrition Workshop – January 2026 NEW

In this class, we will talk about important nutrients your body needs to grow and stay strong energy balance- how the food you eat gives you energy and how your body uses it. Reading food labels to understand what's really in your food. Meal planning so you can make smart choices every day. Healthy eating tips for kids, teens, adults, and older people.

Language	Date	Time
English	Tuesday, 1/27/2026	5:00 pm
Spanish	Thursday, 1/29/2026	5:00 pm

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Living with Heart Failure – February 2026

Heart failure is a condition that occurs when the heart cannot pump blood as well as it should. Heart failure can cause symptoms of shortness of breath, fatigue, leg swelling, and other signs of fluid retention. Heart failure symptoms can be mild to serve or even life-threatening. Although heart failure is a serious condition, safe and effective treatments are available. Join us as we discuss diet, lifestyle, medication treatment, and self-care tips to help relieve symptoms and live well.

Language	Date	Time
English	Tuesday, 2/17	2:00 pm
Cantonese	Monday, 2/23	10:00 am
Mandarin	Wednesday, 2/25	2:00 pm
Spanish	Thursday, 2/19	2:00 pm

Family Nutrition Workshop – February 2026 NEW

In this class, we will talk about important nutrients your body needs to grow and stay strong energy balance- how the food you eat gives you energy and how your body uses it. Reading food labels to understand what's really in your food. Meal planning so you can make smart choices every day. Healthy eating tips for kids, teens, adults, and older people.

Language	Date	Time
English	Tuesday, 2/24/2026	5:00 pm
Spanish	Thursday, 2/26/2026	5:00 pm

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Diabetes Self-Management – March 2026

This class will review diabetes and its effects as well as provide tips to help prevent or manage diabetes. Topics will include meal planning, physical activity, managing stress, monitoring blood sugar levels, and a review of medicines used to manage diabetes.

Language	Date	Time
English	Wednesdays, 3/18 & 3/25	3:00 pm
Cantonese	Mondays, 3/16 & 3/23	10:00 am
Mandarin	Wednesdays, 3/18 & 3/25	2:00 pm
Spanish	Fridays, 3/13 & 3/20	3:00 pm

Family Nutrition Workshop – March 2026 NEW

In this class, we will talk about important nutrients your body needs to grow and stay strong energy balance- how the food you eat gives you energy and how your body uses it. Reading food labels to understand what's really in your food. Meal planning so you can make smart choices every day. Healthy eating tips for kids, teens, adults, and older people.

Language	Date	Time
English	Tuesday, 3/24/2026	5:00 pm
Spanish	Thursday, 3/26/2026	5:00 pm

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BSC PROMISE MEMBER HEALTH EDUCATION RESOURCES
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Additional Member Health Education Resources

- **No cost. Available to all BSC Promise members.**
- Available in English, Spanish, Mandarin, and Cantonese. We will use telephone interpreters for other languages.
- Counseling appointments are available for general nutrition, hypertension management, high cholesterol management, weight management, diabetes management, tobacco cessation, and asthma management.
- Direct members to call the Health Education Department at **562-613-5118 for English & Spanish** and **562-580-6109 for Mandarin and Cantonese**, or the Customer Care toll-free number (printed on their BSC Promise member ID card) to schedule an appointment.

Health Education Materials/Video Library

- **No cost. Available to all BSC Promise members and contracted providers.**
- Access a comprehensive library of health education materials and videos, available in English and Spanish, at: blueshieldca.com/healtheducationlibrary.
- For materials in other languages or alternative formats, please call or e-mail the Health Education team at the contact information provided in the footer.

Wellvolution

- **No cost. Available to all BSC Promise members.**
- Currently available in English & Spanish.
- Wellvolution is a platform that offers digital whole health programs. Programs include adult weight management, Diabetes Prevention Program, diabetes management, tobacco/vaping cessation, behavioral health (mindfulness, stress management, health coaching for depression and anxiety) and access to healthy recipes and exercise videos.
- Direct members to the Wellvolution platform: wellvolution.com/medi-cal.
    - Members create an account on the Wellvolution platform. If they already have a BSC Promise member portal account, they can sign in with those credentials.

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Diabetes Prevention Program (DPP)

- **No cost. Available to BSC Promise members with pre-diabetes.**
- An evidence-based lifestyle program to prevent or delay the onset of type 2 diabetes for those members diagnosed with pre-diabetes.
- To confirm eligibility and get a member started, direct the member to **Wellvolution.com/medi-cal** or Solera Health at 1-866-692-5059, TTY 711, Monday – Friday, 6:00 a.m. – 6:00 p.m.