



Internal use only- Please do not distribute to members.
BSC PROMISE MEMBER HEALTH EDUCATION RESOURCES
QUARTER 2 2025

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.

Diabetes Self-Management – April 2025

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	Tuesday, 4/22 & 4/29	2:00 pm
Cantonese	Monday, 4/21 & 4/28	10:00 am
Mandarin	Wednesday, 4/23 & 4/30	2:00 pm
Spanish	Wednesday, 4/9 & 4/23	2:00 pm

Healthy Pregnancy – April 2025

Pregnancy is a time filled with excitement, joy, and many questions. Join us to learn how to manage your health during pregnancy, including healthy eating, managing common pregnancy discomforts, and the importance of prenatal care. Plus, learn ways to stay active while pregnant, make a birth plan, and how to prepare for your baby’s arrival.

Language	Date	Time
English	Mondays, 4/14 & 4/21	5:00 pm
Spanish	Tuesdays, 4/15 & 4/22	5:00 pm



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Caring for Your Mental Health – May 2025

Mental health is an important part of our overall health and wellbeing. Stress, loneliness, poor physical health, and life traumas can lead to poor mental health. Join us as we talk about resources and tools to help us cope with loss, manage stress, and build a healthy support system.

Language	Date	Time
English	Tuesday, 5/20	2:00 pm
Cantonese	Monday, 5/5	10:00 am
Mandarin	Wednesday, 5/7	2:00 pm
Spanish	Tuesday, 5/27	2:00 pm

Asthma – June 2025

Asthma is a common condition among children and adults. If it is not well controlled, it can be life-threatening. This class will provide tools to help manage asthma. Topics include asthma symptoms, triggers, correct use of asthma medicines, creating an asthma action plan, and more.

Language	Date	Time
English	Monday, 6/23	2:00 pm
Cantonese	Monday, 6/16	10:00 am
Mandarin	Wednesday, 6/18	2:00 pm
Spanish	Wednesday, 6/18	2:00 pm



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Additional Member Health Education Resources

Individual Telephone Counseling with a Health Educator

- **No cost. Available to all BSC members.**
- Available in English, Spanish, Mandarin, and Cantonese. We will use telephone interpreters for other languages.
- Counseling appointments 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.

Wellvolution

- **No cost. Available to all BSC 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.
 - Members create an account on the Wellvolution platform. If they already have a BSC member portal account, they can sign in with those credentials.
 - Members answer a health-related questionnaire and are matched with a digital health program (via mobile application) that best meets their health needs.