



Internal use only- Please do not distribute to members.  
**BSC DSNP MEMBER HEALTH EDUCATION RESOURCES**  
**QUARTER 3 2024**

**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.**

**Congestive Heart Failure (CHF) – July 2024**

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 severe 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	Monday, 7/22	2:00 PM
Cantonese	Monday, 7/22	10:00 AM
Mandarin	Wednesday, 7/24	2:00 PM
Spanish	Wednesday, 7/24	2:00 PM

**Diabetes Management (2 Sessions) – August 2024**

This 2-session course will review lifestyle changes to help reduce the risk of diabetes complications. Topics discussed in class will include meal planning and making healthy food choices, staying active, managing stress, self-monitoring blood sugar levels, and a review of current medicines and insulins used to manage diabetes. This course is appropriate for people newly diagnosed with diabetes as well as those who have been living with diabetes for a while.

Language	Date	Time
English	Two Mondays, 8/19 & 8/26	2:00 PM
Cantonese	Two Mondays, 8/19 & 8/26	2:00 PM
Mandarin	Two Wednesdays, 8/21 & 8/28	2:00 PM
Spanish	Two Wednesdays, 8/21 & 8/28	2:00 PM



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**Adult Weight Management (2 Sessions) - September 2024**

This two-session adult healthy living course will explore nutrition, physical activity, behavior modifications, and goal setting to help participants manage their weight and reduce their risk of chronic health conditions.

Language	Date	Time
Cantonese	Two Tuesdays, 9/24 & 10/1	10:00 AM
Mandarin	Two Wednesdays, 9/25 & 10/2	2:00 PM

**In-person Health Education (HE) Classes**

There is no cost for our in-person health education classes. Transportation is available for BSC Promise members. Classes are implemented throughout [LA Care/BSC Promise Community Resource Centers \(CRCs\)](#) in Los Angeles County. For registration, more information, or copies of the class flyer, 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. **Please encourage members to register.**

For additional classes at the CRCs, visit: <https://www.communityresourcecenterla.org/>

**LA County In-Person Classes**

**Location: East LA CRC @ 4801 Whittier Blvd, Los Angeles, CA 90022**

Class	Date	Language	Time
Chronic Disease Self-Management	7/8; 7/15; 7/22; 7/29; 8/5 & 8/12	Spanish	10:00am-12:30pm

**Location: El Monte CRC @ 3570 Santa Anita Ave, El Monte, CA 91731**

Class	Date	Language	Time
Congestive Heart Failure	7/18/2024	Mandarin	10:00am-11:30am
Chronic Obstructive Pulmonary Disease	8/8/2024	Mandarin	10:00am-11:30am



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Location: El Monte CRC @ 3570 Santa Anita Ave, El Monte, CA 91731			
Class	Date	Language	Time
Adult Weight Management	8/15 & 8/22	Mandarin	10:00am-11:30am
Hypertension Management	8/29 & 9/5	Mandarin	10:00am-11:30am
Chronic Disease Self-Management	9/16; 9/23; 9/30; 10/7; 10/14; 10/21	Mandarin	9:30am-12:00pm
Caring for Your Mental Health	9/26/2024	Mandarin	10:00am-11:30am
Location: IRC @ 5926 Pacific Blvd, Huntington Park, CA 90255			
Class	Date	Language	Time
Chronic Disease Self-Management	9/3; 9/10; 9/17; 9/24; 10/1 & 10/8	English	10:00am-12:30pm
Location: Inglewood CRC @ 2864 W. Imperial Hwy, Inglewood, CA 90303			
Class	Date	Language	Time
Diabetes Self-Management	9/3; 9/10; 9/17 & 9/24	English	1:30pm-3:00pm
Location: Metro LA CRC @ 1233 S Western Ave, Los Angeles, CA 90006			
Class	Date	Language	Time
Hypertension Management	8/7 & 8/14	Spanish	2:00pm-3:30pm
Location: Norwalk CRC @ 11721 Rosecrans Ave, Norwalk, CA 90650			
Class	Date	Language	Time
Asthma	8/15/2024	English & Spanish	3:00pm-4:30pm



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<b>Location: Panorama City CRC @ 7868 Van Nuys Blvd., Panorama City, CA 91402</b>			
<b>Class</b>	<b>Date</b>	<b>Language</b>	<b>Time</b>
Asthma	7/10/2024	Spanish	1:30pm-3:00pm
Chronic Obstructive Pulmonary Disease	9/9/2024	Spanish	1:00pm-2:30pm
<b>Location: Pomona CRC @ 696 W. Holt Ave, Pomona, CA 91768</b>			
<b>Class</b>	<b>Date</b>	<b>Language</b>	<b>Time</b>
Congestive Heart Failure	7/26/2024	Mandarin	1:30pm-3:00pm
<b>Location: Wilmington CRC @ 911 North Avalon Blvd, Wilmington, CA 90744</b>			
<b>Class</b>	<b>Date</b>	<b>Language</b>	<b>Time</b>
Chronic Obstructive Pulmonary Disease	7/17/2024	English	3:00pm-4:30pm
Diabetes Self-Management	8/6; 8/13; 8/20 & 8/27	English	1:00pm-2:30pm
Diabetes Self-Management	8/6; 8/13; 8/20 & 8/27	Spanish	3:00pm-4:30pm

**Additional Member Health Education Resources**

**Individual Telephone Counseling with a Health Educator**

- **No cost. Available to all 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.



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- Direct members to call the Health Education Department at **562-613-5118 for English & Spanish** and **562-580-6109 for Mandarin and Cantonese** to schedule an appointment.

<b>Wellvolution</b>
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- **No cost. Available to all BSC members.**
- Currently available in English.
- 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](https://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.