

Internal use only- Please do not distribute to members.
BSC PROMISE 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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Healthy Pregnancy (2 Sessions) – September 2024

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, 9/16 & 9/23	2:00 PM
Spanish	Wednesdays, 9/18 & 9/25	2:00 PM

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

Additional Member Health Education Resources

Individual Telephone Counseling with a Health Educator

- **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 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**, 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.**
- 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.
 - Members answer a health-related questionnaire and are matched with a digital health program (via mobile application) that best meets their health needs.

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.