

Internal use only- Please do not distribute to members.  
**BSC PROMISE MEMBER HEALTH EDUCATION RESOURCES**  
**QUARTER 4 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.**

**Chronic Obstructive Pulmonary Disease (COPD) – October 2024**

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, 10/21	2:00 PM
Cantonese	Friday, 10/25	10:00 AM
Mandarin	Wednesday, 10/23	2:00 PM
Spanish	Wednesday, 10/23	2:00 PM

**Tobacco Cessation – November 2024**

After this presentation, participants will be able to identify reasons to quit smoking, strategies to help with quitting smoking, and resources to support quitting efforts.

Language	Date	Time
English	Monday, 11/18	2:00 PM
Cantonese	Friday, 11/15	10:00 AM
Mandarin	Wednesday, 11/13	2:00 PM
Spanish	Wednesday, 11/20	2:00 PM

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**Healthy Eating for Families – December 2024**

Healthy eating does not have to be expensive. Join us for this presentation that will discuss ways to make budget friendly healthy meals at home. Discussion topics include meal planning, ways to save at the grocery store, budget friendly foods, sample meals prepared with 5 ingredients or less.

Language	Date	Time
English	Monday, 12/16	2:00 PM
Cantonese	Monday, 12/16	2:00 PM
Mandarin	Wednesday, 12/18	2:00 PM
Spanish	Thursday, 12/19	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/>

<b>LA County In-Person Classes</b>			
<b>Location: East LA CRC @ 4801 Whittier Blvd, Los Angeles, CA 90022</b>			
Class	Date	Language	Time
Congestive Heart Failure (CHF)	11/7/2024	Spanish	1:00pm - 2:30pm

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<b>Location: El Monte CRC @ 3570 Santa Anita Ave, El Monte, CA 91731</b>			
<b>Class</b>	<b>Date</b>	<b>Language</b>	<b>Time</b>
Diabetes Self-Management	10/10; 10/17; 10/24; 10/31	Mandarin	10:00am-11:30am
Alzheimer's Caregiver	11/7 & 11/14	Mandarin	10:00am-11:30am
Tobacco Cessation	11/21/2024	Mandarin	10:00am-11:30am
Congestive Heart Failure (CHF)	12/5/2024	Mandarin	10:00am-11:30am
Asthma	12/12/2024	Mandarin	10:00am-11:30am
<b>Location: IRC @ 5926 Pacific Blvd, Huntington Park, CA 90255</b>			
<b>Class</b>	<b>Date</b>	<b>Language</b>	<b>Time</b>
Fit Families (Children's Weight Management 6-12 years old)	10/23 & 10/30	Spanish & English	10:00am-12:30pm
<b>Location: Metro LA CRC @ 1233 S Western Ave, Los Angeles, CA 90006</b>			
<b>Class</b>	<b>Date</b>	<b>Language</b>	<b>Time</b>
Chronic Disease Self-Management	10/22; 10/29; 11/5; 11/12; 11/19 & 12/3	English	10:00am-12:30pm
<b>Location: Norwalk CRC @ 11721 Rosecrans Ave, Norwalk, CA 90650</b>			
<b>Class</b>	<b>Date</b>	<b>Language</b>	<b>Time</b>
Diabetes Self-Management	11/5; 11/12; 11/19 & 11/26	English	1:00pm-2:30pm
<b>Location: Palmdale CRC @ 2072 E. Palmdale Blvd, Palmdale, CA 93550</b>			
<b>Class</b>	<b>Date</b>	<b>Language</b>	<b>Time</b>
Asthma	10/25/2024	Spanish	11:00am-12:30pm

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<b>Location: Palmdale CRC @ 2072 E. Palmdale Blvd, Palmdale, CA 93550</b>			
Class	Date	Language	Time
Asthma	10/25/2024	English	1:00pm-2:30pm
<b>Location: Pomona CRC @ 696 W. Holt Ave, Pomona, CA 91768</b>			
Class	Date	Language	Time
Hypertension	12/11 & 12/18	Spanish	1:00pm-2:30pm
<b>Location: Wilmington CRC @ 911 North Avalon Blvd, Wilmington, CA 90744</b>			
Class	Date	Language	Time
Congestive Heart Failure (CHF)	10/2/2024	Spanish	2:00pm-3:30pm
Asthma	10/9/2024	English & Spanish	2:00pm-3:30pm
Diabetes Self-Management	12/3; 12/10; 12/17	Spanish	1:00pm-2:30pm

**Additional Member Health Education Resources**

<b>Individual Telephone Counseling with a Health Educator</b>
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- **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](https://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](https://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](https://Wellvolution.com/medi-cal) or Solera Health at 1-866-692-5059, TTY 711, Monday – Friday, 6:00 a.m. – 6:00 p.m.