

Managing hypertension

(High blood pressure)



No-cost program. Transportation is available. In this two-session course, learn how you can reduce blood pressure through diet, exercise, and stress management. Plus, learn how to monitor your blood pressure at home. All members taking part in this course will receive a digital blood pressure monitor.

To register, call:

(562) 613-5118, 8:30 a.m. to 5 p.m., Monday through Friday

For more information, call Customer Service:

(800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m., Monday through Friday

Join us:

Thursdays, April 17 and 24, 2025

Time: 1:30 p.m. to 3 p.m.

Location: Community Resource Center of L.A. Care Health Plan & Blue Shield of California Promise Health Plan in Long Beach

5599 Atlantic Ave.
Long Beach, CA 90805

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Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County. L.A. Care and Blue Shield Promise are independent entities.

Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association

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