

Member Resources for Lifestyle Medicine

Quarter 2 (April – June 2021)

SilverSneakers Programs - *No cost and exclusive to Medicare & CMC members*

1. SilverSneakers Connect *(English Only)*

- A digital platform where members can share their experiences with others
- Connect via Zoom meetings and see members' faces
- Social event topics can include- game night, book club, crafts/hobbies, pet club, etc.
- To get a member started, please direct them here:
SilverSneakers.com/ConnectCA

2. Find Your Fit *(English Only)*

- A video series designed for members to engage in exercise at home
- Members can choose from beginner, balance, emotional health, or pain management
- Member will receive a new video each week for four weeks
- To get a member started, please direct them here:
BSC Member: SilverSneakers.com/BSC
Promise Member: SilverSneakers.com/Promise

3. SilverSneakers On-Demand *(English Only)*

- View classes, health tips, and workout videos through the video library
- To get a member started, please direct them here:
silversneakers.com/learn/ondemand/

4. SilverSneakers Live Virtual Classes and Workshops *(English & Spanish)*

- Take virtual classes and workshops all from the comfort of your home
- Classes and workshops include strength and balance, yoga, and cardio dance
- To get a member started, please direct them here:
<https://tools.silversneakers.com/Learn/Live>

5. SilverSneakers Go app *(English Only) (Free to Any Member)*

- Video-based exercise programs that can be tailored to the member level
- Direct member to download the app from **Apple App Store** or **Android Google Play**

Wellvolution - *No cost and exclusive to Medicare & CMC members*
(Bilingual Health Coaches Vary by Program)

- Personalized digital health programs
- Smartphone apps and in-person options
- Learn how to eat healthier, move more, manage stress, sleep better, ditch cigarettes and even prevent or reverse disease
- To get a member started, please direct them here:
Medicare & CMC: www.wellvolution.com
Medi-Cal: (coming soon)

For questions or more information on SilverSneakers and Wellvolution programs, please contact **Paulina Montalvo** at Paulina.Montalvo@blueshieldca.com.

Member Resources for Blue Shield Promise Only

Due Date Plus *(English and Spanish)*

- *No Cost Mobile App for Expectant Medi-Cal Members*
- Tracks pregnancy progress and the growth of children ages 0-2
- Offers a week-by-week “what to expect” pregnancy guide, ability to log upcoming appointments, kick count tracker, daily tips to stay healthy and more
- Links to health plan and community resources
- Promise members who register for the app are eligible for a \$50 gift card
- Search Blue Shield Promise in the app store or text the word “BABY” to **(619) 940.1064 (San Diego)** or **(323) 310-5118 (Los Angeles)**

Diabetes Prevention Program (DPP) *(English and Spanish)*

- *No Cost for Medi-Cal, Medicare & CMC Members That Are Pre-Diabetic*
- An evidence-based lifestyle program to prevent or delay the onset of type 2 diabetes for those members diagnosed with pre-diabetes
- Members have the choice of an in-person or digital program
- Program includes 16 weekly sessions over 6 months and monthly sessions for the remaining 6 months
- To confirm eligibility and get a member started, please direct them here:
 - **Medi-Cal:** www.solera4me.com/bluepromisemedical or call **(866) 692-5059**, TTY 711
 - **CMC & Medicare:** www.wellvolution.com/medicare



Health Education Virtual Classes – Quarter 2

No Cost to Medi-Cal, Medicare & CMC Members

Blue Shield members can access health education classes by telephone or computer. Health education classes listed on the next page.

Option 1: Connect by Telephone (Audio Only)

Please instruct members to:

- 1) Dial WebEx at **1-800-948-1333** (toll-free)
- 2) Enter the **access code**, then enter the pound sign (#)
- 3) Enter the meeting **password**, then the pound sign (#) to connect to the class

Option 2: Connect by Computer or Other Electronic Device

To view these classes on a computer or other electronic device such as a cellphone or tablet, a Cisco WebEx Meetings app or class link is needed. Members must enter the **access code** and **password** to join the class. Please direct members to call the Health Education department for support with this option.

For questions or more information on Due Date Plus, Diabetes Prevention Program or health education virtual classes, including support with WebEx, please contact **Health Education** at (323) 827-6036 or e-mail BlueShieldofCAHealthEducation@blueshieldca.com.

Stress Management – April 2021

It is a stressful time right now. Coronavirus has affected many areas of our lives in different ways. Concerns about the unknown may be causing you to feel stressed. You are not alone. Join us to learn how to get through a stressful time. This class will go over how stress affects your health, ways to manage stress, and resources that can help.

Date	Language	Time	Access Code	Password
Tuesday April 20, 2021	English	2:00 PM	145 034 9482	2328
	Cantonese	10:00 AM	145 278 3385	2244
Thursday April 22, 2021	Spanish	2:00 PM	145 360 9985	2328
	Mandarin	10:00 AM	145 350 5675	2244

Nutrition – May 2021

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.

Date	Language	Time	Access Code	Password
Tuesday May 18, 2021	English	2:00 PM	145 721 6979	2328
	Cantonese	10:00 AM	145 885 8053	2244
Thursday May 20, 2021	Spanish	2:00 PM	145 585 8396	2328
	Mandarin	10:00 AM	145 573 7077	2244

Summer Safety – June 2021

The summer months offer many opportunities for fun and interactive outdoor activities. This presentation will give practical tips to ensure a safe and enjoyable experience. Topics covered include heat injuries, water safety, recreation and sports safety, outdoor safety, skin and eye safety, and personal vehicle safety.

Date	Language	Time	Access Code	Password
Tuesday June 22, 2021	English	2:00 PM	145 948 1290	2328
	Cantonese	10:00 AM	145 113 2959	2244
Thursday June 24, 2021	Spanish	2:00 PM	145 340 3572	2328
	Mandarin	10:00 AM	145 284 5596	2244