



## Member Resources for Lifestyle Medicine Quarter 3 (July – September 2021)

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

#### 1. 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](https://www.silversneakers.com/BSC)  
**Promise Member:** [SilverSneakers.com/Promise](https://www.silversneakers.com/Promise)

#### 2. 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/](https://www.silversneakers.com/learn/ondemand/)

#### 3. SilverSneakers Live Virtual Classes and Workshops *(English Only)*

- 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>

#### 4. 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/medicare](http://www.wellvolution.com/medicare)  
**Medi-Cal:** (coming soon)

For questions or more information on SilverSneakers and Wellvolution programs, please contact **Paulina Montalvo** at [Paulina.Montalvo@blueshieldca.com](mailto:Paulina.Montalvo@blueshieldca.com).

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**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](http://www.solera4me.com/bluepromisemedical) or call **(866) 692-5059**, TTY 711
  - **CMC & Medicare:** [www.wellvolution.com/medicare](http://www.wellvolution.com/medicare)

## Health Education Virtual Classes – Quarter 3

*\*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 **Zoom** at **1-888-788-0099** (toll-free)
- 2) Enter the **meeting ID#**, and follow by the pound sign (#)
- 3) Enter the pound sign (#) again
- 4) At last, enter the **passcode**, and follow by the pound sign (#)

Press **\*6** when members are asked to unmute.

### **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 **Zoom** app or class link is needed. Members must enter the **meeting ID#** and **passcode** 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](mailto:BlueShieldofCAHealthEducation@blueshieldca.com).

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## **Heart Health – July 2021**

In this presentation, participants will learn about heart disease and related health conditions, how the risk for heart disease can be lowered, and how to manage health conditions that can lead to heart disease. This presentation will also provide tips for heart healthy nutrition.

Date	Language	Time	Meeting ID#	Passcode
Tuesday July 20, 2021	English	2:00 PM	890 3223 8533	214 756 372
	Cantonese	10:00 AM	885 6544 0671	57 45 97 97
Thursday July 22, 2021	Spanish	2:00 PM	871 7778 7092	448 761 574
	Mandarin	10:00 AM	899 9695 6669	39 02 52 71

## Diabetes Prevention & Management – August 2021

This class will review diabetes and its effects as well as provide tips to help prevent or manage diabetes. Topics will include meal planning, physical activity, managing stress, monitoring blood sugar levels, and a review of medicines used to manage diabetes.

Date	Language	Time	Meeting ID#	Passcode
Tuesday August 17, 2021	English	2:00 PM	894 7484 8652	420 262 500
	Cantonese	10:00 AM	839 6171 0352	61 60 27 75
Thursday August 19, 2021	Spanish	2:00 PM	869 2579 2615	584 287 649
	Mandarin	10:00 AM	859 0188 1515	83 05 84 65

## Memory Improvement – September 2021

There are many myths associated with memory loss as we age. A decrease in memory function is a common complaint of older adults. Some memory functions may change with age others remain stable throughout life. As we age some mistakenly assume our memories will fail us. Our focus in this class will be to discuss strategies to help with remembering information. We will talk a little about how memory works.

Date	Language	Time	Meeting ID#	Passcode
Tuesday September 21, 2021	English	2:00 PM	869 2720 7914	240 858 797
	Cantonese	10:00 AM	876 3695 7604	35 67 40 77
Thursday September 23, 2021	Spanish	2:00 PM	892 8287 6985	578 850 781
	Mandarin	10:00 AM	864 0683 6804	59 82 13 89

Please instruct members to:

- 1) Dial **Zoom** at **1-888-788-0099** (toll-free)
- 2) Enter the **meeting ID#**, and follow by the pound sign (#)
- 3) Enter the pound sign (#) again
- 4) At last, enter the **passcode**, and follow by the pound sign (#)

Press **\*6** when members are asked to unmute.