

## Member Resources for Lifestyle Medicine

Quarter 4 (October – December 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 4

*\*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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## **Tobacco Cessation – October 2021**

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.

Note: the information presented is based on LA Care’s smoking cessation curriculum.

Date	Language	Time	Meeting ID#	Passcode
Tuesday October 19, 2021	English	2:00 PM	821 9676 7527	984 423 874
	Cantonese	10:00 AM	825 3671 2914	74 65 78 55
Thursday October 21, 2021	Spanish	2:00 PM	841 0684 6808	479 520 598
	Mandarin	10:00 AM	852 2343 5010	85 22 53 86

## Diabetes Self-Management (2 Sessions) – November 2021

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.

### Session 1

Date	Language	Time	Meeting ID#	Passcode
Tuesday November 9, 2021	English	10:00 AM	878 3119 8090	56 82 50 50
	Cantonese	10:00 AM	897 4556 6219	45 63 93 89
Thursday November 11, 2021	Spanish	10:00 AM	898 8349 8303	69 20 13 11
	Mandarin	10:00 AM	842 8241 4466	85 61 54 79

### Session 2

Date	Language	Time	Meeting ID#	Passcode
Tuesday November 16, 2021	English	10:00 AM	833 7899 6128	77 35 90 79
	Cantonese	10:00 AM	858 2740 3094	07 29 51 97
Thursday November 18, 2021	Spanish	10:00 AM	871 6612 2213	59 41 39 92
	Mandarin	10:00 AM	842 1364 0130	64 84 50 78

## Healthy Living during the Holidays – December 2021

The holiday season is a time to celebrate and enjoy the company of family and friends. It can be a joyous time of the year but unfortunately, it can also be a time of elevated stress and weight gain. This presentation will provide tips on how to find a healthy approach to holiday eating, physical activity, stress management and self-care.

Date	Language	Time	Meeting ID#	Passcode
Tuesday December 14, 2021	English	2:00 PM	839 0213 8924	076 354 518
	Cantonese	10:00 AM	831 3885 5411	53 60 20 13
Thursday December 16, 2021	Spanish	2:00 PM	876 3032 9780	025 274 247
	Mandarin	10:00 AM	870 3844 9885	41 94 03 51