

Member Resources for Lifestyle Medicine

Quarter 1 (January – March 2022)

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
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 1

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.

Goal Setting– January 2022

The New Year is a great time to start fresh and rededicate ourselves in establishing healthy habits. In this presentation will review the steps in setting realistic short and long-term SMART health goals to prevent and manage chronic health conditions.

Date	Language	Time	Meeting ID#	Passcode
Tuesday January 18, 2022	English	2:00 PM	876 2647 2438	72 29 70 69
	Cantonese	10:00 AM	849 4857 8194	66 04 53 96
Thursday January 20, 2022	Spanish	2:00 PM	898 3398 2958	50 45 64 36
	Mandarin	10:00 AM	861 7529 1168	42 02 42 53

Heart Health- February 2022

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 February 15, 2022	English	2:00 PM	886 0367 9415	47 49 20 90
	Cantonese	10:00 AM	829 4543 0169	95 00 81 71
Thursday February 17, 2022	Spanish	2:00 PM	897 7232 7288	13 82 60 70
	Mandarin	10:00 AM	840 0847 4092	28 18 43 19

Diabetes Self-Management (2 Sessions) – March 2022

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 March 22, 2021	English	2:00 PM	823 1683 4099	11 91 51 09
	Cantonese	10:00 AM	860 5849 7248	99 87 73 79
Thursday March 24, 2021	Spanish	2:00 PM	889 2532 1414	46 68 71 55
	Mandarin	10:00 AM	878 8203 6753	74 01 43 68

Session 2

Date	Language	Time	Meeting ID#	Passcode
Tuesday March 29, 2021	English	2:00 PM	881 3572 2690	97 41 51 96
	Cantonese	10:00 AM	896 0999 7500	48 05 91 31
Thursday March 31, 2021	Spanish	2:00 PM	892 6275 3647	45 58 33 28
	Mandarin	10:00 AM	851 3902 5576	49 25 27 45