



Internal use only- Please do not distribute to members



Health Education Virtual Classes – Quarter 2

No Cost to Medi-Cal, Medicare & CMC Members

Members can access health education classes by telephone or computer.

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.

Diabetes Self-Management (2 Sessions) – April 2022

No Cost to Medi-Cal Members Only

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 & 2

Date	Language	Time	Meeting ID#	Passcode
Tuesday, 4/19/2022	English	10:00 AM	843 6035 9500	16 57 68 98
Tuesday, 4/26/2022	English	10:00 AM	880 5458 7069	07 80 44 30

Session 1 & 2

Date	Language	Time	Meeting ID#	Passcode
Thursday, 4/21/2022	Spanish	10:00 AM	894 4183 8492	25 20 01 30
Thursday, 4/28/2022	Spanish	10:00 AM	871 8211 3480	57 66 30 65

Nutrition – May 2022

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	Meeting ID#	Passcode
Tuesday May 17, 2022	English	2:00 PM	839 6400 5717	03 69 53 71
	Cantones	10:00 AM	854 8857 4358	47 00 13 02
Thursday May 19, 2022	Spanish	2:00 PM	840 2722 1814	59 62 82 85
	Mandarin	10:00 AM	831 7677 6899	78 15 67 04

Exercise is Medicine – June 2022

Regular exercise helps prevent and treat chronic conditions, boosts mood and immune response, and improve sleep quality. Join us as we discuss why “Exercise is Medicine” and share tips on how to reduce the barriers to exercise to help improve physical health, mental health, and wellbeing.

Date	Language	Time	Meeting ID#	Passcode
Tuesday June 21, 2022	English	2:00 PM	873 8612 5312	40 35 20 30
	Cantones	10:00 AM	834 5531 4112	05 00 69 81
Thursday June 23, 2022	Spanish	2:00 PM	826 3541 0899	68 62 42 19
	Mandarin	10:00 AM	817 3622 0243	90 63 91 78

Member Resources for Lifestyle Medicine

Quarter 2 of 2022 (April – June)

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, currently only available to Medicare members* *(Bilingual Health Coaches Vary by Program)*

- Personalized digital health programs, including the Diabetes Prevention Program (DPP)
- Smartphone apps and in-person options
- Learn how to eat healthier, move more, prevent diabetes, manage stress, sleep better, ditch cigarettes and even prevent or reverse disease
- To get a member started, please direct them here:
Medicare: www.wellvolution.com/medicare
CMC: (coming soon)
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 Members

Due Date Plus *(English and Spanish)*

- **No Cost Mobile App for expectant and new parents (Medi-Cal)**
- 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 Apple App Store or Android Google Play or text the word “BABY” to (844) 694-0024 (for English) and (844) 694-0020 (for Spanish)

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

- **No Cost for Medi-Cal & CMC Members that have pre-diabetes**
- 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, Monday – Friday, 6:00 a.m. – 6:00 p.m.
 - **CMC:** <https://www.wellvolution.com/dpp>