

**BSC PROMISE MEMBER HEALTH EDUCATION RESOURCES
QUARTER 3 2022**

Virtual Health Education classes

There is no cost for our virtual health education classes. Classes are open to all BSC Promise members, unless otherwise noted. Members can access these classes by telephone (listen only) or Zoom.

Please direct members to call the Health Education Department at 1-323-827-6036, 323-827-6035 (for Mandarin and Cantonese), or the Customer Care toll-free number (printed on their BSC Promise member ID card) for class call-in information or Zoom link. We can help the member connect to the class as needed.

Heart Health – July 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.

Language	Date	Time
English	Tuesday, 7/19/2022	2:00 PM
Cantonese	Monday, 7/18/2022	10:00 AM
Mandarin	Thursday, 7/21/2022	10:00 AM
Spanish	Thursday, 7/21/2022	2:00 PM

Diabetes Self-Management (2 Sessions) – August 2022

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.

Language	Date	Time
English	Tuesdays, 8/16/2022 & 8/23/2022	5:30 PM
Cantonese	Mondays, 8/15/2022 & 8/22/2022	10:00 AM
Mandarin	Thursdays, 8/18/2022 & 8/25/2022	10:00 AM & 5:00 PM
Spanish	Thursdays, 8/18/2022 & 8/25/2022	5:30 PM

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Improve Your Memory – September 2022

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.

Language	Date	Time
English	Tuesday, 9/20/2022	2:00 PM
Cantonese	Friday, 9/23/2022	10:00 AM
Mandarin	Thursday, 9/22/2022	10:00 AM
Spanish	Thursday, 9/22/2022	2:00 PM

Additional Member Health Education Resources

Individual Telephone Counseling with a Health Educator

- **No cost. Available to all BSC Promise members.**
- Available in English, Spanish, Mandarin, and Cantonese. We will use telephone interpreters for other languages.
- Counseling appointments available for general nutrition, hypertension management, high cholesterol management, weight management, diabetes management, tobacco cessation, and asthma management.
- Direct members to call the Health Education Department at 1-323-827-6036, 323-827-6035 (for Mandarin and Cantonese), or the Customer Care toll-free number (printed on their BSC Promise member ID card) to schedule an appointment.

Due Date Plus

- **No cost mobile app for expectant and new parents. Available to BSC Promise Medi-Cal members.**
- Available in English and Spanish
- 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
- BSC Promise members who register for the app are eligible for a \$50 gift card
- Direct member to search for DueDatePlusbyBSCPromise in the Apple App Store or Android Google Play or text the word “BABY” to 1-844-694-0024 (for English) and 1-844-694-0020 (for Spanish)

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Diabetes Prevention Program (DPP)

- **No cost. Available to BSC Promise Medi-Cal & CMC members with pre-diabetes.**
- Available in English and Spanish
- 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, direct member to:
 - **Medi-Cal members:** www.solera4me.com/bluepromisemedical or call 1-866-692-5059, TTY 711, Monday – Friday, 6:00 a.m. – 6:00 p.m.
 - **CMC members:** <https://www.wellvolution.com/dpp> or call 1-866-692-5059, TTY 711, Monday – Friday, 6:00 a.m. – 6:00 p.m.

SilverSneakers Programs

No cost. Programs available to BSC Promise 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 exercise routines
- Member will receive a new video each week for four weeks
- To get a member started, direct member to: <https://SilverSneakers.com/Promise>

2. SilverSneakers On-Demand

- English only
- Members can view classes, health tips, and workout videos through the video library
- To get a member started, direct member to: <https://silversneakers.com/learn/ondemand/>

3. SilverSneakers Live Virtual Classes and Workshops

- English only
- Members can take virtual classes and workshops all from the comfort of their home
- Classes and workshops include strength and balance, yoga, and cardio dance activities
- To get a member started, direct member to: <https://tools.silversneakers.com/Learn/Live>

4. SilverSneakers Go app

- English only
- Video-based exercise programs that can be tailored to the member level
- To get a member started, direct member to download the SilverSneakers Go app from Apple App Store or Android Google Play.