



## WELLNESS CLASSES



Sign up for our virtual wellness classes to reach your health and fitness goals. Classes are available at no cost to you. Call us today for more information!

### Sign up by calling:

#### Registration:

**323-548-0039**, 8:30 a.m. – 5 p.m., Monday - Friday

#### Or call:

#### Customer Care:

LA County Medi-Cal members:

**800-605-2556 (TTY: 711)**, 8 a.m. – 6 p.m.,  
Monday – Friday.

San Diego County Medi-Cal members:

**855-699-5557 (TTY: 711)**, 8 a.m. – 6 p.m.,  
Monday – Friday

Cal MediConnect members:

**855-905-3825 (TTY: 711)**, 8 a.m. – 8 p.m.,  
seven days a week.

### Join us:

Medi\_22\_018\_LS\_032322

For accommodations of persons with special needs at meetings, call (800) 605-2556 (TTY: 711) for Medi-Cal Los Angeles, (855) 699-5557 (TTY: 711) for Medi-Cal San Diego and (855) 905-3825 (TTY: 711) for Cal MediConnect.

Blue Shield of California Promise Health Plan is contracted with L.A. Care Health Plan to provide Medi-Cal managed care services in Los Angeles County.

Blue Shield of California Promise health plan is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.

You can get this document for free in other formats, such as large print, braille, and/or audio. Call (800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m., Monday through Friday for Los Angeles Medi-Cal, (855) 699-5557 (TTY: 711), 8 a.m. to 6 p.m., Monday through Friday for San Diego Medi-Cal, and (855) 905-3825 (TTY: 711), 8 a.m. to 8 p.m., 7 days a week for Cal MediConnect. The call is free.