



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:

562-580-6094, 8:30 a.m. – 5 p.m., Monday - Friday

Or call:

Customer Care:

Los Angeles 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

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 and (855) 699-5557 (TTY: 711) for Medi-Cal San Diego.

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.

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 and (855) 699-5557 (TTY: 711), 8 a.m. to 6 p.m., Monday through Friday for San Diego Medi-Cal. The call is free.