



Promise Health Plan

## HEART HEALTH



Join us and learn about heart disease and related health conditions. Learn how to make healthy lifestyle choices, manage health conditions, and lower your risk. Get tips for heart healthy nutrition.

### 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\_021\_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.