

Internal use only- Please do not distribute to members
BSC PROMISE MEMBER HEALTH EDUCATION RESOURCES
QUARTER 1 2023

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 562-580-6094, 562-580-6109 (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.

Goal Setting – January 2023

The New Year is a great time to start fresh and rededicate us in establishing healthy habits. In this presentation will review the steps in setting realistic short and long-term SMART health goals to prevent and manage chronic health conditions.

Language	Date	Time
English	Monday, 1/23/2023	2:00 PM
Cantonese	Monday, 1/23/2023	10:00 AM
Mandarin	Thursday, 1/26/2023	10:00 AM
Spanish	Wednesday, 1/25/2023	2:00 PM

Heart Health – February 2023

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	Monday, 2/27/2023	2:00 PM
Cantonese	No Class	-
Mandarin	No Class	-
Spanish	Wednesday, 2/22/2023	2:00 PM

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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 **562-580-6094, 562-580-6109** (for Mandarin and Cantonese), or the Customer Care toll-free number (printed on their BSC Promise member ID card) to schedule an appointment.

Wellvolution

- **No cost. Available to all BSC Promise members.**
- Currently available in English.
- Wellvolution is a platform that offers digital whole health programs. The programs range from general well-being to preventing and managing chronic conditions. Specifically, programs include:
 - Adult weight management
 - Diabetes prevention program (see DPP below)
 - Diabetes management
 - Tobacco/vaping cessation
 - Behavioral health, including stress management and health coaching for depression and anxiety
 - General well-being, including healthy recipes and exercise videos
- Direct members to the Wellvolution platform: wellvolution.com/medi-cal.
 - Members create an account on the Wellvolution platform. If they already have a BSC Promise member portal account, they can sign in with those credentials.
 - Members answer a health-related questionnaire and are matched with a digital health program (via mobile application) that best meets their health needs.

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Diabetes Prevention Program (DPP)

- **No cost. Available to BSC Promise 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
- 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 **Wellvolution.com/medi-cal** or Solera Health at 1-866-692-5059, TTY 711, Monday – Friday, 6:00 a.m. – 6:00 p.m.

Due Date Plus

- **No cost mobile app for expectant and new parents. Available to BSC Promise 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)