

Internal use only- Please do not distribute to members
BSC PROMISE MEMBER HEALTH EDUCATION RESOURCES
QUARTER 2 2023

Virtual Health Education (HE) 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.

Diabetes Self-Management – April 2023
(2 session series)

This 2-session course will review lifestyle changes to help reduce the risk of diabetes complications. Topics discussed in class will include meal planning and making healthy food choices, staying active, managing stress, self-monitoring blood sugar levels, and a review of current medicines and insulins used to manage diabetes. This course is appropriate for people newly diagnosed with diabetes as well as those who have been living with diabetes for a while.

Language	Date	Time
English	Mondays, 4/17 & 4/24	2:00 PM
Cantonese	Mondays, 4/17 & 4/24	10:00 AM
Mandarin	Thursdays, 4/20 & 4/27	10:00 AM
Spanish	Wednesdays, 4/19 & 4/26	2:00 PM

Nutrition – May 2023

Healthy eating does not have to be expensive. Join us for this presentation that will discuss ways to make budget friendly healthy meals at home. Discussion topics include meal planning, ways to save at the grocery store, budget friendly foods, sample meals prepared with 5 ingredients or less.

Language	Date	Time
English	Monday, 5/15	2:00 PM
Cantonese	Monday, 5/15	10:00 AM
Mandarin	Thursday, 5/18	10:00 AM
Spanish	Wednesday, 5/17	2:00 PM

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In-person Health Education (HE) Classes

There is no cost for our in-person health education classes. Transportation is available for BSC Promise members. For registration, more information, or copies of the class flyer, please call the Health Education Department at 562-580-6094. **Registration is highly encouraged!**

LA County in-person classes			
Location: Plaza Curacao, 5926 Pacific Blvd., Huntington Park, CA 90255			
Class	Date	Language	Time
Diabetes Self-Management	4 Tuesdays, 4/4; 4/11; 4/18 & 4/25	Spanish	3:00pm-4:30pm
Fit Families	2 Fridays, 4/14 & 4/21	Eng/Sp	3:15pm-4:30pm
Tobacco Cessation	3 Wednesdays, 5/3; 5/10 & 5/17	Spanish	3:00pm-4:30pm
Adult Weight Management	2 Thursdays, 5/18 & 5/25	Spanish	3:00pm-4:30pm
Healthier Living	6 Mondays, 6/5; 6/12; 6/19; 6/26; 7/3 & 7/10	Spanish	10:00am-12:30pm
Diabetes Self-Management	4 Tuesdays, 6/6; 6/13; 6/20 & 6/27	Spanish	3:00pm-4:30pm
Hypertension	2 Wednesdays, 6/7 & 6/14	Spanish	3:00pm-4:30pm
Fit Families	2 Fridays, 6/9 & 6/16	Eng/Sp	3:15pm-4:30pm

SD County in-person classes				
For registration or more information, call 562-715-4485.				
Class	Date	Language	Time	Location
Healthy Eating on a Budget	Tuesday, 5/30	English	6:00 p.m.	Jackie Robinson Family YMCA: 151 YMCA Way, San Diego, CA 92102
Fit Families (children's weight man)- 2 sessions	Tuesday, 5/23 & Wednesday, 5/24	Eng/Sp	TBD	Reality Changers: 4251 37 th St., San Diego, CA 92105

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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. Programs include adult weight management, Diabetes Prevention Program, diabetes management, tobacco/vaping cessation, behavioral health (mindfulness, stress management, health coaching for depression and anxiety) and access to 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.

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.
- 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.