



Internal use only- Please do not distribute to members.
BSC DSNP MEMBER HEALTH EDUCATION RESOURCES
QUARTER 4 2023

Virtual Health Education (HE) Classes

There is no cost for our virtual health education classes. Classes are open to all BSC DSNP members, unless otherwise noted. Members can access these classes by telephone (listen only) or Teams. **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 member ID card) for class call-in information. We can help the members connect to the class as needed.**

Strengthen Your Bones – October 2023

Take charge of your bone health! Join us as we discuss why bone health matters and share simple steps, we can take to help prevent bone loss and prevent fractures. Topics will include nutrition, supplementation and strength and balance exercises for good bone density.

Language	Date	Time
English	Monday, 10/16	2:00 PM
Cantonese	Monday, 10/23	10:00 AM
Mandarin	Thursday, 10/19	10:00 AM
Spanish	Wednesday, 10/18	2:00 PM

Tobacco Cessation – November 2023

After this presentation, participants will be able to identify reasons to quit smoking, strategies to help with quitting smoking, and resources to support quitting efforts.

Note: the information presented is based off of LA Care’s smoking cessation curriculum.

Language	Date	Time
English	Monday, 11/13	2:00 PM
Cantonese	Monday, 11/17	10:00 AM
Mandarin	Monday, 11/27	10:00 AM
Spanish	Wednesday, 11/15	2:00 PM



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Healthy Living during the Holidays – December 2023

The holiday season is a time to celebrate and enjoy the company of family and friends. It can be a joyous time of the year but unfortunately, it can also be a time of elevated stress and weight gain. This presentation will provide tips on how to find a healthy approach to holiday eating, physical activity, stress management and self-care.

Language	Date	Time
English	Monday, 12/18	2:00 PM
Cantonese	Monday, 12/18	10:00 AM
Mandarin	Thursday, 12/21	10:00 AM
Spanish	Wednesday, 12/20	2:00 PM

In-person Health Education (HE) Classes

There is no cost for our in-person health education classes. Transportation is available for BSC DSNP members. For registration, more information, or copies of the class flyer, please call the Health Education Department at 562-580-6094 or 562-580-6109 (for Mandarin and Cantonese). **Registration is highly encouraged!**

LA County In-Person Classes

Location: CRC @ 3570 Santa Anita Ave, El Monte 📞 213-428-1495

Class	Date	Language	Time
Self-Management of Chronic Conditions (6 sessions)- 2.5 hours/session	6 Tuesdays: 9/26; 10/3; 10/10; 10/17; 10/24 & 10/31	Spanish	10:00am-12:30pm
Hypertension Management (2 sessions)	2 Fridays: 10/6 & 10/13	Cantonese	10:00am-11:30am
	2 Thursdays: 10/26 & 11/2	Mandarin	10:00am-11:30pm
Tobacco Cessation (2 sessions)	2 Thursdays: 11/30 & 12/7	Mandarin	10:00am-11:30pm
	2 Mondays, 12/4 & 12/11	Cantonese	10:00am-12:30pm



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LA County In-Person Classes			
Location: CRC @ 5599 Atlantic Avenue, Long Beach 📞 562-256-9810			
Class	Date	Language	Time
Adult Weight Management (2 sessions)	2 Thursdays: 10/19 & 10/26	English	3:00pm-4:30pm
Diabetes Self-Management (4 sessions)	4 Tuesdays: 11/7; 11/14; 11/21 & 11/28	English	3:00pm-4:30pm
Location: CRC @ 1233 S. Western Ave, Los Angeles, CA 90006 📞 213-428-1457			
Self-Management of Chronic Conditions (6 sessions)- 2.5 hours/session	6 Tuesdays: 11/7; 11/14; 11/28; 12/5; 12/12 & 12/19	English	10:00am-12:30pm
Location: CRC @ 2072 E. Palmdale Blvd Palmdale, CA 93550 📞 213-438-5580			
Adult Weight Management (2 sessions)	2 Thursdays: 11/9 & 11/16	Spanish	3:00pm-4:30pm
Location: CRC @ 696 W. Holt Ave, Pomona, CA 91768 📞 909-620-1661			
Hypertension Management (2 sessions)	2 Wednesdays: 12/6 & 12/13	Spanish	3:00pm-4:30pm
Location: CRC @ 911 North Avalon Blvd Wilmington, CA 90744 📞 213-428-1490			
Hypertension Management (2 sessions)	2 Thursdays: 12/7 & 12/14	English	3:00pm-4:30pm



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Additional Member Health Education Resources

Individual Telephone Counseling with a Health Educator

- **No cost. Available to all 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 call the Health Education Department at **562-580-6094** or **562-580-6109** (for Mandarin and Cantonese) to schedule an appointment.

Wellvolution

- **No cost. Available to all BSC 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](https://www.wellvolution.com).
 - Members create an account on the Wellvolution platform. If they already have a BSC 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.