

Virtual Wellness Classes



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.

To register, call:

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

Join us:

For more information, call Customer Care:

L.A. 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

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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. L.A. Care and Blue Shield Promise are independent entities

Blue Shield of California Promise Health Plan is an independent licensee of the Blue Shield Association

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