

Internal use only- Please do not distribute to members.
BSC PROMISE MEMBER HEALTH EDUCATION RESOURCES
QUARTER 2 2024

Virtual Health Education (HE) Classes

There is no cost for our virtual health education classes. Classes are open to all BSC Promise members. Members can access these classes by telephone (listen only) or Teams meeting link. **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 for class call-in information or Teams meeting link. We can help the members connect to the class as needed.**

Asthma – April 2024

Asthma is a common condition among children and adults. If it is not well controlled, it can be life-threatening. This class will provide tools to help manage asthma. Topics include asthma symptoms, triggers, correct use of asthma medicines, creating an asthma action plan, and more.

Language	Date	Time
English	Monday, 4/22	2:00 PM
Cantonese	Friday, 4/19	10:00 AM
Mandarin	Wednesday, 4/24	2:00 PM
Spanish	Wednesday, 4/24	2:00 PM

Caring for Your Mental Health – May 2024

There are many factors that can affect our mental health and wellbeing. They include biological factors, poor physical health, stress, and traumatic life events. It is important to know the signs and symptoms of mental health disorders and learn how we can support and advocate for mental health wellness. Join us as we discuss resources and tools available to help cope with loss, manage stress, and build a healthy support system and resilience.

Language	Date	Time
English	Monday, 5/20	2:00 PM
Cantonese	Monday, 5/20	10:00 AM
Mandarin	Wednesday, 5/22	2:00 PM
Spanish	Wednesday, 5/22	2:00 PM

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Hypertension (2 sessions) – June 2024

This two-session course is for people living with high blood pressure. Participants will learn to properly self-monitor their blood pressure at home and incorporate nutrition, exercise, and stress management techniques to reduce blood pressure. appropriate for people newly diagnosed with diabetes as well as those who have been living with diabetes for a while.

Language	Date	Time
English	Two Mondays, 6/17 & 6/24	2:00 PM
Cantonese	Two Mondays, 6/3 & 6/10	10:00 AM
Mandarin	Two Wednesdays, 6/5 & 6/12	2:00 PM
Spanish	Two Fridays, 6/21 & 6/28	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 Promise members. Classes are implemented throughout [LA Care/BSC Promise Community Resource Centers \(CRCs\)](#) in Los Angeles County. For registration, more information, or copies of the class flyer, direct members to call the Health Education Department at 562-580-6094 or 562-580-6109 (for Mandarin and Cantonese) or the Customer Care toll-free number. **Please encourage members to register.**

For additional classes at the CRCs, visit: <https://www.communityresourcecenterla.org/>

LA County In-Person Classes			
Location: IRC @ 5926 Pacific Blvd, Huntington Park, CA 90255			
Class	Date	Language	Time
Diabetes Self-Management (4 sessions)	4 Mondays: 4/1; 4/8; 4/15 & 4/22	Spanish	3:00pm-4:30pm
Hypertension (2 sessions)	2 Thursdays: 4/11 & 4/18	Spanish	3:00pm-4:30pm
Congestive Heart Failure (CHF)	Tuesday, 6/18 (Tentative)	Spanish	1:00pm-2:30pm
Caring for Your Mental Health	Thursday, 6/27	Spanish	3:00pm-4:30pm

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Location: Wilmington CRC @ 911 North Avalon Blvd, Wilmington, CA 90744			
Class	Date	Language	Time
Diabetes Self-Management (4 sessions)	4 Tuesdays: 4/2; 4/9; 4/16 & 4/23	Spanish	1:00pm-2:30pm
Asthma	Wednesday, 5/1	Spanish	3:00pm-4:30pm
Location: Pomona CRC @ 696 W. Holt Ave, Pomona, CA 91768			
Class	Date	Language	Time
Diabetes Self-Management (4sessions)	4 Thursdays: 4/11; 4/18; 4/25 & 5/2	Mandarin	10:00am-11:30am
Hypertension (2 sessions)	2 Mondays: 4/15 & 4/22	Mandarin	10:00am-11:30am
Diabetes Self-Management (4sessions)	4 Tuesdays, 6/4; 6/11; 6/18 & 6/25	English	2:00pm-3:30pm
Location: Inglewood CRC @ 2864 W. Imperial Hwy, Inglewood, CA 90303			
Class	Date	Language	Time
Diabetes Self-Management (4sessions)	4 Thursdays: 4/11; 4/18; 4/25 & 5/2	Mandarin	10:00am-11:30am
Diabetes Self-Management (4 sessions)	4 Tuesdays, 5/7; 5/14; 5/21 & 5/28	Spanish	1:00pm-2:30pm
Location: El Monte CRC @ 911 North Avalon Blvd, Wilmington, CA 90744			
Class	Date	Language	Time
Chronic Disease Self-Management (6 sessions)	6 Thursdays, 5/2; 5/9; 5/16; 5/23; 5/30 & 6/6	Spanish	11:00am-1:30pm
Asthma	Thursday, 5/9	Mandarin	10:00am-11:30am
Caring for Your Mental Health	Thursday, 6/20	Mandarin	10:00am-11:30am
Location: Norwalk CRC @ 11721 Rosecrans Ave, Norwalk, CA 90650			

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Class	Date	Language	Time
Diabetes Self-Management (4 sessions)	4 Wednesdays, 5/8, 5/15, 5/22, 5/29	Spanish	11:00am-12:30pm
Location: Long Beach CRC @ 5599 Atlantic Ave, Long Beach, CA 90805			
Class	Date	Language	Time
Hypertension (2 sessions)	2 Wednesdays, 6/5 & 6/12	English	2:00pm-3:30pm
Asthma	Thursday, 6/20	English	3:00pm-4:30pm
Location: East LA CRC @ 4801 Whittier Blvd, Los Angeles, CA 90022			
Class	Date	Language	Time
Caring for Your Mental Health	Monday, 6/17	Cantonese	10:00am-11:30am

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.

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Health Education Materials/Video Library

- **No cost. Available to all BSC Promise members and contracted providers.**
- Access a comprehensive library of health education materials and videos, available in English and Spanish, at: blueshieldca.com/healtheducationlibrary.
- For materials in other languages or alternative formats, please call or e-mail the Health Education team at the contact information provided in the footer.

Wellvolution

- **No cost. Available to all BSC Promise members.**
- 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.**
- 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 the 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.