



Internal use only- Please do not distribute to members

**BSC PROMISE MEMBER HEALTH EDUCATION RESOURCES**

**QUARTER 4 2025**

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 562-613-5118 for English and Spanish, and 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.

**Diabetes Self-Management – October 2025**

This class will review diabetes and its effects as well as provide tips to help prevent or manage diabetes. Topics will include meal planning, physical activity, managing stress, monitoring blood sugar levels, and a review of medicines used to manage diabetes.

Language	Date	Time
English	Mondays, 10/20 & 10/27	3:00 pm
Cantonese	Mondays, 10/20 & 10/27	10:00 am
Mandarin	Wednesdays, 10/22 & 10/29	2:00 pm
Spanish	Wednesdays, 10/22 & 10/29	3:00 pm

**Tobacco Cessation – November 2025**

This course is designed to provide the participant with the skills and resources necessary to develop and follow through with a quit plan.

Language	Date	Time
English	Tuesday, 11/18	2:00 pm
Cantonese	Monday, 11/17	10:00 am
Mandarin	Wednesday, 11/19	2:00 pm
Spanish	Wednesday, 11/19	2:00 pm

**Hypertension Management – December 2025**



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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.

Language	Date	Time
English	Wednesdays, 12/10 & 12/17	3:00 pm
Cantonese	Mondays, 12/8 & 12/15	10:00 am
Mandarin	Wednesdays, 12/10 & 12/17	2:00 pm
Spanish	Friday, 12/12	2:00 pm

### Additional Member Health Education Resources

#### Individual Telephone Counseling with a Health Educator

- **No cost. Available to all BSC 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 **562-613-5118 for English & Spanish** and **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 members.**
  - Currently available in English & Spanish.
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- Wellvolution is a platform that offers digital whole health programs. Programs include adult weight management, Diabetes Prevention Program, diabetes management, tobacco/vaping



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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](https://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.