



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



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Hypertension Management – December 2025

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

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 **562-613-5118 for English & Spanish** and **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/>

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LA County In-Person Classes			
Location: El Monte CRC @ 3570 Santa Anita Ave, El Monte, CA 91731			
Class	Date	Language	Time
Diabetes Self-Management	Thursdays, 10/16; 10/23; 10/30 & 11/6	Mandarin	10:00am-11:30am
Diabetes Self-Management	Thursdays, 10/16; 10/23; 10/30 & 11/6	Cantonese	1:30pm-3:00pm
Memory Matters: Addressing Memory Concerns	Thursday, 11/13	Mandarin Cantonese	10:00am-11:30pm
Tobacco Cessation	Thursday, 11/20	Mandarin	10:00am-11:30am
Tobacco Cessation	Thursday, 11/20	Cantonese	1:30pm-3:00pm
Asthma	Thursday, 12/11	Mandarin	10:00am-11:30am
Asthma	Thursday, 12/11	Cantonese	1:30pm-3:00pm
Chronic Obstructive Pulmonary Disease (COPD)	Thursday, 12/18	Mandarin	10:00am-11:30am
Chronic Obstructive Pulmonary Disease (COPD)	Thursday, 12/18	Cantonese	1:30pm-3:00pm
Location: Inglewood CRC @ 2864 W. Imperial Hwy, Inglewood, CA 90303			
Class	Date	Language	Time
Diabetes Self-Management	Tuesdays, 10/7; 10/14; 10/21; & 10/28	English	2:00pm-3:30pm
Location: Lincoln Heights CRC @ 2430 N. Broadway, Los Angeles, CA 90031			
Class	Date	Language	Time
Diabetes Self-Management	Fridays, 9/26; 10/3; 10/10 & 10/17	Mandarin	10:00am-11:30am
Hypertension Management	Thursdays, 10/16 & 10/23	Spanish	10:30am-12:00pm



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LA County In-Person Classes			
Location: Long Beach CRC @ 5599 Atlantic Ave, Long Beach, CA 90805			
Class	Date	Language	Time
Diabetes Self-Management	Thursdays, 10/2; 10/9; 10/16; & 10/23	English	10:00am-11:30am
Asthma	Friday, 11/7	Spanish/ English	2:00pm-3:30pm
Location: Norwalk CRC @ 11721 Rosecrans Ave, Norwalk, CA 90650			
Class	Date	Language	Time
Adult Weight Management	Mondays, 10/6 & 10/13	English	2:00pm-3:30pm
Adult Weight Management	Mondays, 10/6 & 10/13	Spanish	3:30pm-5:00pm
Diabetes Self-Management	Mondays, 12/1; 12/8; 12/15; & 12/22	Spanish/ English	3:00pm-4:30pm
Location: Pomona CRC @ 696 W. Holt Ave, Pomona, CA 91768			
Class	Date	Language	Time
Adult Weight Management	Mondays, 11/10 & 11/17	English	2:00pm-3:30pm
Diabetes Self-Management	Tuesdays, 12/2; 12/9; 12/16; & 12/23	Spanish/ English	2:00pm-3:30pm
Location: South LA CRC @ 6 5710 Crenshaw Blvd, Los Angeles, CA 90043			
Class	Date	Language	Time
Adult Weight Management	Thursdays, 11/6 & 11/13	English	12:30pm-2:00pm
Adult Weight Management	Thursdays, 11/6 & 11/13	Spanish	10:30am-12:00pm

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LA County In-Person Classes			
Location: South LA CRC @ 5710 Crenshaw Blvd, Los Angeles, CA 90043			
Class	Date	Language	Time
Diabetes Self-Management	Thursdays, 12/4; 12/11; & 12/18	Spanish	11:00am-12:30pm
Diabetes Self-Management	Thursdays, 12/4; 12/11; & 12/18	English	1:00pm-2:30pm
Location: Wilmington CRC @ 911 North Avalon Blvd, Wilmington, CA 90744			
Class	Date	Language	Time
Chronic Disease Self-Management	Wednesdays, 10/1; 10/8; 10/15; 10/22; 10/29; & 11/5	Spanish	10:00am-12:30pm
Understanding Menopause	Monday, 10/27	Spanish	11:00am-12:30pm
Tobacco Cessation	Wednesday, 11/12	Spanish/ English	11:00am-12:30pm
Living with Heart Failure	Wednesday, 12/10	Spanish/ English	11:00am-12:30pm

Additional Member Health Education Resources

- **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.



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- 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.

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.**
- Currently available in English & Spanish.
- 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.**



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- 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.