

Adult weight management



No-cost program. Transportation available for Blue Shield Promise members.

Join us for these two sessions to talk about nutrition, physical activity, making changes to your lifestyle, and setting goals. Learn how to control your weight and lower your risk for long-term medical conditions. There will be hands-on activities and interactive demonstrations.

To register, call:

(562) 613-5118, 8:30 a.m. to 5 p.m.,
Monday through Friday

For more information, call Customer Care:

(800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m.,
Monday through Friday

Join us:

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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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