



Internal use only- Please do not distribute to members.
BSC DSNP MEMBER HEALTH EDUCATION RESOURCES
QUARTER 1 2024

Virtual Health Education (HE) Classes

There is no cost for our virtual health education classes. Classes are open to all BSC DSNP members, unless otherwise noted. Members can access these classes by telephone (listen only) or Teams. **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 (printed on their BSC member ID card) for class call-in information. We can help the members connect to the class as needed.**

Healthy Eating for Families – January 2024

Healthy eating does not have to be expensive. Join us for this presentation that will discuss ways to make budget friendly healthy meals at home. Discussion topics include meal planning, ways to save at the grocery store, budget friendly foods, sample meals prepared with 5 ingredients or less.

Language	Date	Time
English	Monday, 1/22	2:00 PM
Cantonese	Monday, 1/29	10:00 AM
Mandarin	Wednesday, 1/31	2:00 PM
Spanish	Wednesday, 1/24	2:00 PM

Hypertension (2 sessions) – February 2024

In this presentation, participants will learn about heart disease and related health conditions, how the risk for heart disease can be lowered, and how to manage health conditions that can lead to heart disease. This presentation will also provide tips for heart healthy nutrition.

Language	Date	Time
English	Two Mondays, 2/19 & 2/26	2:00 PM
Cantonese	Two Fridays, 2/16 & 2/23	10:00 AM
Mandarin	Two Wednesdays, 2/21 & 2/28	2:00 PM
Spanish	Two Wednesdays, 2/21 & 2/28	2:00 PM



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Diabetes Management (2 sessions) – March 2024

This 2-session course will review lifestyle changes to help reduce the risk of diabetes complications. Topics discussed in class will include meal planning and making healthy food choices, staying active, managing stress, self-monitoring blood sugar levels, and a review of current medicines and insulins used to manage diabetes. This course is 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, 3/18 & 3/25	2:00 PM
Cantonese	Two Mondays, 3/11 & 3/18	10:00 AM
Mandarin	Two Wednesdays, 3/6 & 3/13	2:00 PM
Spanish	Wednesday, 3/20 & 3/27	2:00 PM

Additional Member Health Education Resources

Individual Telephone Counseling with a Health Educator

- **No cost. Available to all 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 call the Health Education Department at **562-580-6094** or **562-580-6109** (for Mandarin and Cantonese) to schedule an appointment.

Wellvolution

- **No cost. Available to all BSC members.**
- Currently available in English.
- 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.



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- Direct members to the Wellvolution platform: wellvolution.com.
 - Members create an account on the Wellvolution platform. If they already have a BSC 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.