



Internal use only- Please do not distribute to members.
BSC DSNP 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

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



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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.
 - 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.