

Health Education Virtual Classes – Quarter 2

No Cost to Medi-Cal, Medicare & CMC Members

Blue Shield members can access health education classes by telephone or computer. Health education classes listed on the next page.

Option 1: Connect by Telephone (Audio Only)

Please instruct members to:

- 1) Dial **Zoom** at **1-888-788-0099** (toll-free)
- 2) Enter the **meeting ID#**, then enter the pound sign (#)
- 3) Enter the pound sign (#) again to connect to the class

Press ***6** when members are asked to unmute.

Option 2: Connect by Computer or Other Electronic Device

To view these classes on a computer or other electronic device such as a cellphone or tablet, a **Zoom** app or class link is needed. Members must enter the **meeting ID#** and **passcode** to join the class. Please direct members to call the Health Education department for support with this option.

For questions or more information on Due Date Plus, Diabetes Prevention Program or health education virtual classes, including support with Zoom, please contact **Health Education** at **(323) 827-6036** or e-mail BlueShieldofCAHealthEducation@blueshieldca.com.

Stress Management – April 2021

It is a stressful time right now. Coronavirus has affected many areas of our lives in different ways. Concerns about the unknown may be causing you to feel stressed. You are not alone. Join us to learn how to get through a stressful time. This class will go over how stress affects your health, ways to manage stress, and resources that can help.

Date	Language	Time	Meeting ID#	Password
Tuesday April 20, 2021	English	2:00 PM	862 0757 9421	NA
	Cantonese	10:00 AM	863 5257 5507	NA
Thursday April 22, 2021	Spanish*	2:00 PM	145 360 9985	2328
	Mandarin	10:00 AM	827 9564 5764	NA

*For the Spanish class, please dial Webinar at 1-800-948-1333. Then enter the meeting ID#, then press #. At last, please enter the password and press # again to connect to the class.

Nutrition – May 2021

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.

Date	Language	Time	Meeting ID#	Unmute Key
Tuesday May 18, 2021	English	2:00 PM	826 8728 5037	*6
	Cantonese	10:00 AM	868 2626 1307	*6
Thursday May 20, 2021	Spanish	2:00 PM	893 1822 1279	*6
	Mandarin	10:00 AM	880 5825 6204	*6

Summer Safety – June 2021

The summer months offer many opportunities for fun and interactive outdoor activities. This presentation will give practical tips to ensure a safe and enjoyable experience. Topics covered include heat injuries, water safety, recreation and sports safety, outdoor safety, skin and eye safety, and personal vehicle safety.

Date	Language	Time	Meeting ID#	Unmute Key
Tuesday June 22, 2021	English	2:00 PM	881 5964 3563	*6
	Cantonese	10:00 AM	814 5905 0779	*6
Thursday June 24, 2021	Spanish	2:00 PM	816 0420 6185	*6
	Mandarin	10:00 AM	879 0389 3506	*6