

Managing hypertension

(High blood pressure)



No-cost virtual program. In this two-session virtual course, learn how you can reduce blood pressure through diet, exercise, and stress management. Plus, learn how to monitor your blood pressure at home. All members taking part in this course will receive a digital blood pressure monitor.

To register, call:

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

For more information, call Customer Service:

L.A. County Medi-Cal members
(800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m., Monday through Friday

San Diego County Medi-Cal members
(855) 699-5557 (TTY: 711), 8 a.m. to 6 p.m., Monday through Friday

Join us:

Thursdays, February 20 & 27, 2025

Time: 2:00 p.m. to 3:30 p.m.

Session 1:

To connect by phone (audio only, no computer):

1. Call (323) 433-2078
2. Enter phone conference ID 124 653 168 and press the pound sign (#)

Session 2:

To connect by phone (audio only, no computer):

1. Call (323) 433-2078
2. Enter phone conference ID 773 783 257 and press the pound sign (#)