

AUG / SEPT 2023

Mindbody  
medicine  
in action

Wellvolution is a Blue Shield of California health platform that offers a select collection of lifestyle medicine programs proven to help members address their mental and physical health needs, at no additional cost.

Please watch the below new Member Facing Video to see Wellvolution in action:

[Wellvolution Member Overview](#): A detailed description of Wellvolution and how to register for Blue Shield of California members

[Wellvolution Member Overview \(45 second\)](#): A shortened description of Wellvolution and how to register for Blue Shield of California members

Wellvolution has a matching quiz to help members identify areas to work on and find a program that meets their unique health goals and needs. Customer service is built into the platform via instant chat, telephone, and e-mail. To see what programs are available go to [www.wellvolution.com](http://www.wellvolution.com) and scroll down to see programs.

## Managing Your High Blood Pressure with Dario

Dario's digital hypertension program offers a personalized experience that combines cellular-connected blood pressure monitor, a smart app for tracking, and health coaches to provide one-on-one support. Go to [Wellvolution](#) and select "Lower blood pressure" as your goal to see if it is a good fit.

## Care for Both Your Mind and Your Body

Access some free resources from CredibleMind to help improve your mental health and emotional well-being.

[Self-Care](#): There's no time quite like summer to step away from the bustle of work, take PTO, and embrace the self-care practices that recharge your personal and professional boundary. Whether it's a beachside vacation, a quiet day alone with a book, or a trip to see friends and family, the mental health benefits that come from embracing moments away from work are endless.

[Youth Mental Health](#): As back-to-school season approaches, youth mental health - and the anxiety surrounding school for many children - becomes especially important. We outline resources to help both parents and children navigate this challenging time of year.

CredibleMind is your mental health navigator and digital library providing a wealth of self-service tools links to BSC resources and benefits. The CredibleMind portal is available to Blue Shield of California members at [Blue Shield of California | CredibleMind](#).

## Free Workshop with Ginger

Between work, family, hobbies, and self-care, many of us tend to juggle a lot at once. Managing it all can be tough, but by finding balance, we can better cope with stress, maintain positive relationships, and achieve our goals. Join the upcoming Ginger workshop, Finding Balance through All of Life's Moments, to learn how to balance whatever you've got going on.

**Session 1** [August 17, 2023 9:00 am](#)

**Session 2** [August 17, 2023 5:00 pm](#)

## Digital Cook Alongs with MonjWell

Join us at MonjWell and learn some healthy and delicious recipes with Culinary Director and Chopped Champion Chef Eliza Martin! Register to attend their August and September Cook Alongs (hosted on Zoom). These events are open to all members, just sign up and MonjWell will send an e-mail with everything you need to whip up their tasty creations.

For more information click here: <https://live.monj.com>

**AUG** Beat the Heat  
No Cook Dinner  
Tuesday August 22 @ 5pm PT  
[Register Now](#)

Wellvolution is available to Blue Shield members 18 years old and older. Wellvolution is a value-added benefit and is a buy up for ASO clients.

For more information about all Wellvolution resources, visit [www.wellvolution.com](http://www.wellvolution.com). Monj is a registered trademark of Monj, Inc. Restore Health is a trademark of Zillion Group, Inc. Wellvolution is a trademark of Blue Shield of California. Wellvolution and all associated digital and in-person health programs, services and offerings are managed by Solera, Inc., a health company committed to changing lives by guiding people to better health in their communities. Blue Shield of California is an independent member of the Blue Shield association.