





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

Our library of apps and programs can help you achieve your health goals. Visit Wellvolution for more information

How Wellvolution works: Learn more about Wellvolution and how to register.

Wellvolution Member Overview

Wellvolution Member Overview (45 seconds)



helps patients reverse diabetes, reduce their need for medications, and lose weight. You'll have the opportunity to ask questions during the live Q&A session! Food as Medicine – Nutrition's Role in Reversing

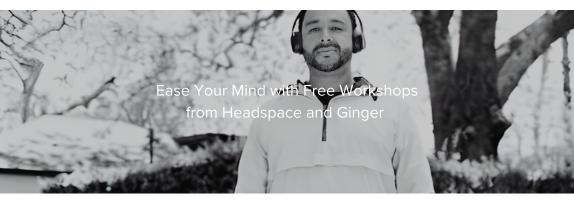
Type 2 Diabetes & Chronic Disease

Join Virta Health's Dr. Brittanie Volk and Dr. Jeff Stanley in a discussion on how nutrition

November 1, 2023 Register here 10am PST/ 1PM EST

Blue Shield of California provides access to Virta's type 2 diabetes treatment to eligible

members at no additional cost. See if Virta is a good fit for you at Wellvolution.com/Virta or Virta (for BSC PPO members)



yourself. Headspace and Ginger are hosting a live meditation so you can find some space to breathe. Each one of us deserves access to the tools and resources that support better mental health for all. So prioritize your well-being. Put out the 'Do Not Disturb' sign and treat your mind to a soothing meditation. October 10, 2023 9am PST

World Mental Health Day Live Meditation In honor of World Mental Health Day, we're inviting you to love your mind by taking time for

Ever felt like you're running on autopilot, or moving through your days feeling distracted and ungrounded? Life can come at us fast, especially toward the end of the year. The idea of

The Power of Presence: Be in the moment and cultivate gratitude

being more present can sometimes seem like a pipe dream, but that's what this workshop is

designed to do — learn to cultivate a presence of mind that allows you to show up more, approach life differently, and access a sense of gratitude. November 16, 2023 9am PST and 5pm PST Headspace and Ginger are offered through Wellvolution. Visit https://wellvolution.com/mentalhealth for more information.



<u>Time Management:</u> Time management is often the key to achieving work-life balance, preventing burnout, and feeling a sense of accomplishment.

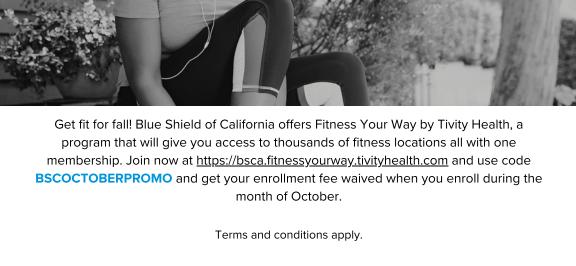
Resilience: What is grit? Grit is the ability to keep going despite failure, adversity, or setback. Looking to develop and/or grow your grit?

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

California members at <u>Blue Shield of California | CredibleMind.</u>

More: Support Your Mental Health

CredibleMind is your mental health navigator and digital library providing a wealth of self-service tools links to to BSC resources and benefits. The CredibleMind portal is available to Blue Shield of



and Chopped Champion Chef Eliza Martin! Register to attend their October 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

Join us at MonjWell and learn some healthy and delicious recipes with Culinary Director

Tuesday October 10 @ 5pm PT

Register Now MonjWell is one of Wellvolution's clinical programs to help members manage and reverse diabetes and obesity through food plans and coaching.

Achieve

Rooting for Roots

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 <u>www.wellvolution.com,</u> Headspace and Ginger are registered trademarks. Ginger is

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