

DEC 2023 / JAN 2024

Mindbody  
Medicine  
in action

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

Our 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 \(45 seconds\)](#)

### Set Goals for a Fit 2024

Start the year by embarking on a new wellness journey! Fitness Your Way by Tivity Health provides access fitness gyms nationwide and an extensive library of digital content. Join now at <https://bsca.fitnessyourway.tivityhealth.com/> and use code **BSCENROLL4FREEJAN** for waived enrollment fee when joining in the month of January.

Terms and conditions apply.

### Introducing New Wellvolution Enhancements

Wellvolution has launched a new Spanish webpage where eligible members can receive personalized solutions - all in Spanish. Visit [Wellvolution.com/es](#) to enroll. Several of our programs have a full Spanish-language experience including Virta Health, Restore Health, Headspace, and Headspace Care.

#### **Musculoskeletal (MSK) Solutions Coming Soon to Wellvolution**

Wellvolution's suite of services have expanded to include three new program providers for joint and back pain. Stay tuned for more information.

## virta | Road to Reversal 2023 SUMMIT

[View videos](#) from Virta's Road to Reversal Summit. You'll find sessions on the benefits to reversing diabetes, a day in the life of a Virta member and even practical advice on making lifestyle changes.

Missed the November Food As Medicine webinar? There is another opportunity to join the conversation with Virta Health's Dr. Brittanie Volk and Dr. Frank Dumont and learn how nutrition helps patients reverse diabetes, reduce their needs for medication, and lose weight.

#### **Food as Medicine – Nutrition's Role in Reversing Type 2 Diabetes & Chronic Disease**

January 23, 2024  
10am PST / 1PM EST

[Register here](#)

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/virta](#) or [Virta \(for BSC PPO members\)](#).

### Personalized Mental Health Resources

Take a 10-minute break and check out some free curated topics from CredibleMind. Find short articles, videos, and podcasts to help support you through the holidays.

[Setting Boundaries & Managing Family Conflict:](#) Help manage and navigate family conflict and set healthy boundaries with friends and loved ones.

[Financial Wellness:](#) Financial stress is a reality for many people throughout the year, but it often comes to a head around the holidays. Travel, gifting, and holiday parties can all put pressure on one's finances. Read about financial wellness including the ways in which money can affect one's mental health.

[Loneliness and Your Wellbeing:](#) Help overcome loneliness, feelings of isolation, and highlight the mental health benefits of connection.

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](#).

### New name, but same great program - Ginger is now Headspace Care

You may have noticed a new look for your favorite mental health app – Ginger is now Headspace Care! The services, experience, and benefits will all remain the same for members enrolled in the program. Members will still have the same access to the mental health coaching and library of skill-building tools and resources. Interested in learning more about Headspace Care? Check out [this quick video](#) on the type of coaching Headspace Care offers.

Headspace Care (formerly known as Ginger) is a separate program from Headspace, a meditation app also offered on Wellvolution. Headspace Care and Headspace are available through [Wellvolution](#).