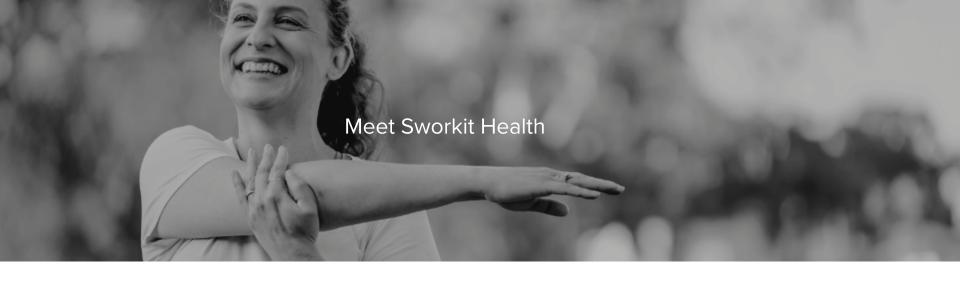


Wellvolution is a Blue Shield of California digital health platform that offers a curated collection of lifestyle medicine programs to help you address your mental and physical health needs, at no additional cost.

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

Wellvolution Member Overview Wellvolution Member Overview (45 seconds)

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



Sworkit Health is one of Wellvolution's newest program provider for those who wish to increase strength, flexibility, and mobility. This digital app supports total wellbeing through fitness, meditation, wellness challenges, nutrition, and recovery - all at no additional cost to you. You will find workouts for every goal, guided video workouts, and the ability to customize your workout.

You can still join! See if Sworkit Health is right for you by simply logging in to Wellvolution and "Select other programs available to me" and choose "Fitness and Physical Therapy" as your health goal.

Already enrolled in another Wellvolution program?



alcohol abuse and substance use disorder.

What is substance use disorder?

Substance use disorder is the term when a person uses substances (typically alcohol or drugs) even

This April, we are dedicating time to raise awareness and share resources to help people understand

though it harms themselves or others. Substance use disorders can range from mild to severe.

Here are some resources to help support you or your loved ones.

<u>CredibleMind</u> offers resources for topics like <u>Alcohol Use</u> or take a quick assessment like "Is Your Substance Use Harmful?" to help you better understand alcohol misuse

- <u>Learn more</u> about what the symptoms are, how to get treatment, or offer support
- <u>Find a Doctor</u> use this tool to help find a provider to help you



Blue Shield of California's Mental Health Resources page hosts a variety of information including:

This month and every month is a great time to help raise awareness for those living with mental illness,

promote mental health practices, and share resources.

Find A Doctor - find a provider for support with mental health conditions

CredibleMind - explore support tools, take assessments, and find resources

support your mental health

Wellvolution - access digital apps like Headspace and Headspace Care to help

- More information on your plan's covered behavioral health benefits

Headspace Live Events

mind and nurture mindfulness.

Join Headspace each month for a live 30-minute meditation and Q&A to help clear your

Join Headspace for quarterly workshops offering expert-back support on mental health topics. **Roundtable: Supporting Mental Health Awareness** Session 1: 9am PT / 12pm ET Thursday, May 16 Session 2: 5pm PT / 8pm ET

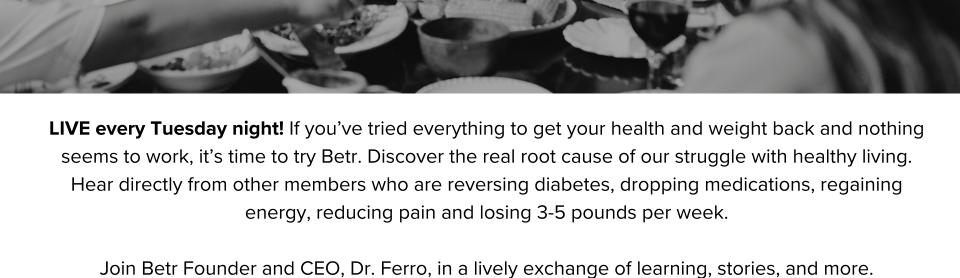
> May **Reducing Stress World Meditation Day** Thursday, April 4 @ 9am PT / 12pm ET Thursday, May 21 @ 9am PT / 12pm ET

Register Now

April

Headspace and Headspace Care are available through Wellvolution.

Register Now



You'll have the opportunity to ask questions during the Q&A session.

Drop medications, weight and chronic conditions with Betr

Every Tuesday Night Register here 6pm PT / 9pm ET

Headspace Care is a licensed medical provider in the United States. Betr Health is a registered trademark of Pure Proactive Health, Inc.

Blue Shield of California provides access to Betr to eligible members at no additional cost through Wellvolution. See if Betr is a good fit for you at wellvolution.com/betrhealth.