



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.

Learn more about Wellvolution and how to register.

Wellvolution Member Overview

Make sure to subscribe to emails from Blue Shield to get the most up-to-date information about Wellvolution! To manage your Communications Preferences, log in to <u>blueshieldca.com</u> and go to My Profile.



Join us in celebrating Wellvolution's 5 year anniversary! Over the past 5 years, Wellvolution has helped over 355K Blue Shield members reach their health goals.

> We've grown to now offer programs to help you: Lose weight

- Prevent or treat diabetes
- Support mental well-being
- Lower blood pressure Quit smoking
- Digital physical therapy

Have you seen what's new?

Visit <u>wellvolution.com</u> and see all the programs available to help you on your health journey.



Digbi Health is now available to support your goal to lose weight or prevent diabetes. Using a scientific approach with a focus on gut-health and health coaching, Digbi can help you make powerful changes to your health and live strong.

will have access to personalized care plans, clinical support from licensed PTs and certified coaches, and real-time sensor feedback so you can have less pain, better sleep, and live a healthier life.

Wellvolution programs are available to eligible members – all at no additional cost. To see if Digbi

Kaia Health is a new program to help support you in managing your back, joint, and chronic pain. You

Health or Kaia Health are a good fit for you, visit <u>wellvolution.com</u> and select your health goal.



your mind and nurture mindfulness.



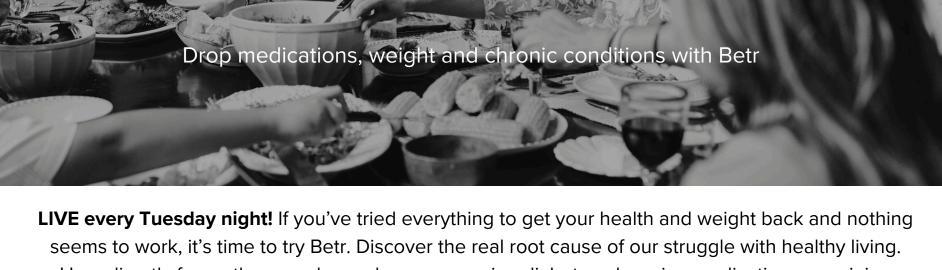
Thursday, June 6 @ 9am PT / 12pm ET

Register Now



Thursday, July 11 @ 9am PT / 12pm ET Register Now

Headspace and Headspace Care are available through Wellvolution.



Hear directly from other members who are reversing diabetes, dropping medications, regaining energy, reducing pain and losing 3-5 pounds per week. Join Betr Founder and CEO, Dr. Ferro, in a lively exchange of learning, stories, and more.

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

Every Tuesday Night 6pm PT / 9pm ET

Register here

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.

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.