

JUNE / JULY 2024

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 [blueshieldca.com](#) and go to My Profile.

Happy 5 Year Anniversary, Wellvolution!

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 [wellvolution.com](#) and see all the programs available to help you on your health journey.

You Have New Options!

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.

Kaia Health is a new program to help support you in managing your back, joint, and chronic pain. You 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 Health or Kaia Health are a good fit for you, visit [wellvolution.com](#) and select your health goal.

Headspace Live Events

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



June

Embracing Authenticity

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

[Register Now](#)



July

Managing Anxiety

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

[Register Now](#)

Headspace and Headspace Care are available through [Wellvolution](#).

Drop medications, weight and chronic conditions with Betr

LIVE every Tuesday night! If you've tried everything to get your health and weight back and nothing seems to work, it's time to try Betr. Discover the real root cause of our struggle with healthy living. 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](#)

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](#).

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](#). These program services are not a covered benefit of Blue Shield health plans and none of the terms or conditions of Blue Shield health plans apply. 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 digital to better health in their communities. Blue Shield of California is an endorsed member of the Blue Shield Association. Headspace and Headspace Care are registered trademarks. Headspace Care is a licensed medical provider in the United States. Betr Health is a registered trademark of Pure Proactive Health, Inc.