





Wellvolution is your online hub to find the right virtual health program to support you with your health goals. Whether you're trying to lose weight, stress less or even just increase your longevity, there is something for everyone on Wellvolution! Come see what's new!

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

Learn more about Wellvolution and how to register.

Wellvolution Member Overview (Youtube)

Make sure to subscribe to emails from Blue Shield to get the most up-to-date information about Wellvolution and other programs available to you through your health plan!

To manage your Communications Preferences, log in to <u>blueshieldca.com</u> and go to My Profile.



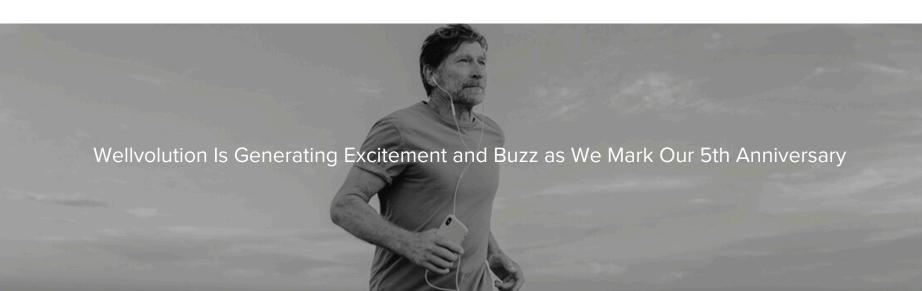
Introducing Wellvolution's newest program from Blue Zones! The **Blue Zones Challenge App** is a self-guided app to help support you in building new habits to live longer and feel better.

The app will track daily and weekly activities to help you:

EAT the Blue Zones way without dieting

- MOVE more throughout the day
- **SET UP** your surroundings to support you
- STRENGTHEN and BUILD your social life
- REDUCE stress and BOOST happiness

Learn more about Blue Zones and see if you're eligible by visiting <u>wellvolution.com/bluezones</u>.



Becker's Payer Issues: <u>How Blue Shield of California helped members lose 272K pounds</u>

Member Outcomes

Read our corporate press release here and these recently published articles.

- Health Leaders: <u>Blue Shield of California Embraces Digital Health Innovation To Improve</u>
- Fierce Healthcare: <u>Blue Shield of California adds new programs for gut health, weight loss in Wellvolution platform</u>
- Learn about how Wellvolution helped a member with her weight loss goal.

Explore the new programs for diabetes prevention and weight management available on Wellvolution

• 5 Years of Wellvolution: <u>Debra's Weight Management Journey</u>

Digbi Health and Ciba Health for diabetes prevention and weight management
Wondr Health for weight management

- Dario Health, previously available for hypertension, is now also available for diabetes
- management



Additional resources can be found through:

1. <u>CredibleMind</u> - an online resource hub with self assessments, articles, podcasts and resources

available and you are not alone.

3. <u>Wellvolution</u> - explore mindfulness and meditation through Headspace or text-based mental health coaching with Headspace Care

2. <u>In-person or virtual care</u> - find a provider to help support you with mental health conditions



Session 1: 9am PT / 12pm ET
Session 2: 5pm PT / 8pm ET

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

nurture mindfulness.

Finding Resilience Exploring Play
Thursday August 1 @ 9am PT / 12pm ET Thursday September 5 @ 9am PT / 12pm ET



August

Register Now



September

Register Now

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.

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

Join Betr Founder and CEO, Dr. Ferro, in a lively exchange of learning, stories, and more.

Every Tuesday Night 6pm PT / 9pm ET

Shield to deliver this mental wellbeing platform.Betr Health is a registered trademark of Pure Proactive Health. Inc.

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.

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 people to better health in their communities. Blue Shield of California is an independent member of the Blue Shield association. CredibleMind is independent of Blue Shield of California and is contracted by Blue