

AUG / SEPT 2024

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

Join the Blue Zones Challenge!

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 [wellvolution.com/bluezones](#).

Wellvolution Is Generating Excitement and Buzz as We Mark Our 5th Anniversary

Read our corporate press release [here](#) and these recently published articles.

- Becker's Payer Issues: [How Blue Shield of California helped members lose 272K pounds](#)
- Health Leaders: [Blue Shield of California Embraces Digital Health Innovation To Improve Member Outcomes](#)
- Fierce Healthcare: [Blue Shield of California adds new programs for gut health, weight loss in Wellvolution platform](#)

Learn about how Wellvolution helped a member with her weight loss goal.

- 5 Years of Wellvolution: [Debra's Weight Management Journey](#)

Explore the new programs for diabetes prevention and weight management available on [Wellvolution](#)

- 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

Let's Talk About Suicide Prevention

September 8 - 14, 2024 is National Suicide Prevention Week.

If you or someone you know is in crisis, call or text the [National Suicide & Crisis Lifeline at 988](#). Help is available and you are not alone.

Additional resources can be found through:

1. [CredibleMind](#) - an online resource hub with self assessments, articles, podcasts and resources
2. [In-person or virtual care](#) - find a provider to help support you with mental health conditions
3. [Wellvolution](#) - explore mindfulness and meditation through Headspace or text-based mental health coaching with Headspace Care

Headspace Live Events

Join Headspace for quarterly workshops offering expert-back support on mental health topics.

Thursday, August 15

Reframing Social Anxiety & Deepening Connection

Approach those tough social situations with confidence and connection.

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.



August

Finding Resilience

Thursday August 1 @ 9am PT / 12pm ET

[Register Now](#)



September

Exploring Play

Thursday September 5 @ 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](#).