

WELLVOLUTION: WHERE HEALTHY CHOICES ARE MADE EASY



BECOME A HEALTHIER YOU!

Get tools and support to lose weight, reduce stress, treat diabetes, and more - at no extra cost.

- 1** Create your Wellvolution account.
- 2** Select your health goal.
- 3** Answer a brief questionnaire to help Wellvolution recommend a program based on your health needs.

Get started

Take control of your health with Wellvolution® – the digital platform that guides you in your health journey.

Get lifestyle-based tools and support to lose weight, treat diabetes, support mental health, and more. Clinically proven programs, designed for you - at no cost to eligible Blue Shield of California members. Wellvolution can help you feel your best with:

- Best-in-class digital mental and physical health programs
- Personalized coaching and support

Discover health reimagined at **wellvolution.com**.

Wellvolution

WAYS TO MEET YOUR HEALTH GOAL

Explore your options on the Wellvolution platform - including healthy recipes, on-demand exercise videos, and more.

Our library of apps and programs – both digital and in-person – can help you:

	Prevent and treat diseases like diabetes, obesity, and heart disease		Lower stress, anxiety, and depression through meditation and health coaching
	Lose weight		Stop smoking

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For more help and resources, visit blueshieldca.com or contact Member Services at the number on your member ID card. If you do not have your ID card, you can call (800) 393-6130 (TTY: 711).

Language Assistance Notice

For assistance in English at no cost, call (866) 346-7198. Para obtener asistencia en Español sin cargo, llame al (866) 346-7198. 如果需要中文的免费帮助，请拨打这个号码 (866) 346-7198.

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