

## Wellvolution

## Take charge of your health with Wellvolution and Headspace

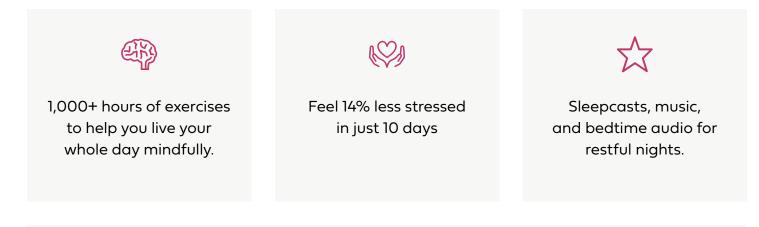




Headspace is available to all Blue Shield of California members eligible for Wellvolution<sup>®</sup> who are 18 years of age or over.

As the world's most science-backed meditation app, Headspace can help you reduce stress, increase resilience, and get a better night's rest. By dedicating just a few minutes a day you can join 70 million Headspace members worldwide using meditation to improve mental well-being.

## The app includes:



Change your health, change your life. Visit **www.wellvolution.com/mentalhealth** to get started today.

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