

Take charge of your health with Wellvolution from Blue Shield of California

Introducing headspace

Blue Shield of California members can now access the full premium version of the Headspace app at no additional cost.



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.

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

The app includes:



1,000+ hours of exercises to help you live your whole day mindfully.



Over 500 Guided meditations on topics like stress, self-esteem, and resilience.



Sleepcasts, music, and bedtime audio for restful nights.

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