

# 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](https://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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