

# Take charge of your health with Wellvolution and Headspace



Headspace is available to all Blue Shield of California members eligible for Wellvolution® 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:



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



Feel 14% less stressed in just 10 days



Sleepcasts, music, and bedtime audio for restful nights.

Change your health, change your life.  
Visit [www.wellvolution.com/mentalhealth](https://www.wellvolution.com/mentalhealth) to get started today.

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