

# Wellvolution

A health program designed just for you

Get proven apps and programs to help you achieve your health goals – at no extra cost.

With Wellvolution®, our digital platform for health and well-being, you choose the areas to focus on:



## Prevent and reverse disease

Prevent diabetes and reverse cardiovascular disease and other conditions.



## Manage stress

Meditate, practice mindfulness, and more.



## Sleep better

Track sleep patterns and enjoy relaxation exercises for better rest.



## Eat better

Get help with meal planning, use nutritional calculators, and lose weight.



## Exercise more

Get support with movement tracking, workout routines, and coaching.



## Quit smoking

Get the support you need to stop smoking with nicotine replacement therapy and other methods.

You and your covered dependents who are age 18 and older are eligible to participate in Wellvolution. Sign up today at [wellvolution.com](https://www.wellvolution.com). We'll recommend the right apps and programs to meet your needs.

Wellvolution is a registered trademark of Blue Shield of California. Wellvolution and all associated digital and in-person health programs, services, and offerings are managed by Solera, Inc., a health company committed to changing lives by guiding people to better health in their communities.

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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