



Wellvolution

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Wellvolution

Innovative digital health network

Digital Clinical Programs

Programs and services connecting members to proven resources to manage and improve health through coaching, lifestyle medicine, meditation and mental and behavioral health support and counseling

4 program categories

Programs vetted by Blue Shield and offer accessible apps based on the latest in science and lifestyle medicine to help members improve their health

1. Stress, Sleep, and Resilience

 **headspace**

Meditation app for all members

ginger

Licensed Behavioral health digital provider

MEDITATE,
SLEEP BETTER

BEHAVIORAL HEALTH

2. Tobacco Cessation with NRT

TOBACCO
CESSATION



Clickotine

3. Disease prevention program

Providers

restore
HEALTH

betr
DIGITAL HEALTH

Yes
HEALTH

habitnu



Virgin
Pulse

WEIGHT
MANAGEMENT

DIABETES
PREVENTION

CARDIOVASCULAR

4. Condition-specific programs providers

betr
DIGITAL HEALTH

virta

monj
WELL

DIABETES

HYPERTENSION

OBESITY

HEART DISEASE

Go to www.Wellvolution.com, create your account and choose a health goal from these categories. Then, you will be asked 10-15 questions so platform can recommend a program catered to your unique health goals and needs

<p>Lose weight</p> <p>Get personalized plans, clinically proven to help you create better eating and fitness habits.</p> <p>Select</p>	<p>Prevent diabetes</p> <p>Lose weight and lower your risk of Type 2 diabetes with customized tools and health coaching.</p> <p>Select</p>
<p>Treat diabetes</p> <p>Use vetted methods to help control Type 2 diabetes and limit your risk of chronic disease.</p> <p>Select</p>	<p>Quit smoking</p> <p>Break the habit with tested strategies that help you beat nicotine cravings and addiction.</p> <p>Select</p>
<p>Lower stress</p> <p>Learn meditation and other techniques to lower stress, improve sleep, and boost resilience.</p> <p>Select</p>	<p>Manage anxiety or depression</p> <p>Get expert online mental health care the way you need it, when you need it, where you need it.</p> <p>Select</p>

Build your health profile

These numbers will help us customize your program.

Height ft in

Weight lbs

Back

Next

Build your health profile

Do you get more than 2-3 hours of physical activity each week?

Physical activities like walking, jogging, swimming, or cycling.

Yes

No

Back


Next

Example of the program recommendations for someone overweight, sedentary, and at risk for type 2 diabetes



RECOMMENDED PROGRAMS FOR YOU

Check out these top picks based on what you've told us. They are all highly rated, have a track record of success, and are available to you at no cost.




VP Transform for Prediabetes

One-on-one coaching over the phone with health experts combined with interactive, self-paced lessons. No Counting calories ...

[Read more](#)

[Select program](#)

★ TOP PICK ★




Betr Health

Let Betr Health help you convert 3-4 pounds of fat to energy per week while you experience Betr sleep, skin, mood, blood...

[Read more](#)

[Select program](#)



WW (Weight Watchers® reimagined)

For more than 55 years, WW has helped millions lose weight with the latest nutritional and behavior change science....

[Read more](#)

[Select program](#)

[Browse Weight Management Programs](#)

Go to [Wellvolution.com](https://www.wellvolution.com) — sign up, answer a few questions to determine your level of stress or depression, then get access to Headspace – the full premium version (retails for \$60/yr) at no cost to Blue Shield Members!



Headspace offers guided meditations, sleep casts, music playlists for focus, sleep, and dance breaks! The coaches are of diverse ethnicities and genders.



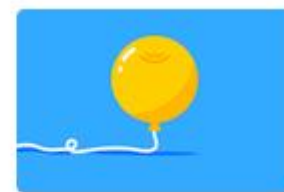
Relationships

🔊 Course · 10-20 min
Achieve greater harmony with others and yourself.



Restlessness

🔊 Course · 10-20 min
Learn to work with a restless mind more skillfully.



Self-esteem

🔊 Course · 10-20 min
Move towards a less judgmental inner life.



Sleep

🔊 Course · 10-20 min
Create the conditions for a restful night's sleep.



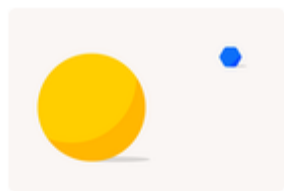
Happiness

🔊 Course · 10-20 min
Develop a more playful attitude towards life.



Headspace 365

🔊 Course · 10 min
A year's worth of mindfulness.



Healing After A Breakup

🔊 Course · 10-20 min
Self-compassion through the highs and lows of healing.



Kindness

🔊 Course · 10-20 min
Foster feelings of compassion towards yourself.



Leaving Home

🔊 Course · 10-20 min
Start a new chapter with a calm mind.



Letting Go of Stress

🔊 Course · 10-20 min
Learn to reframe negative emotions and let them go.



Managing Anxiety

🔊 Course · 10-20 min
Experience anxious thoughts from a new perspective.



Managing Financial Stress

🔊 Course · 10-20 min
Approach your finances with skill and self-compassion.

What is included:

A library of 500+ meditations on everything from stress, sleep, grief, resilience, to compassion. Tension-releasing workouts, relaxing yoga, focus music playlists, and more. Meditations are guided and can be 3 minutes to more than 20, depending on what you need and what you choose.

Headspace is available in 5 languages! Spanish, English, Portuguese, French and German.

Mental health is critical to overall health. Headspace helps us look after our mind.

Wellvolution includes licensed clinical provider Ginger, an app based mental health services provider

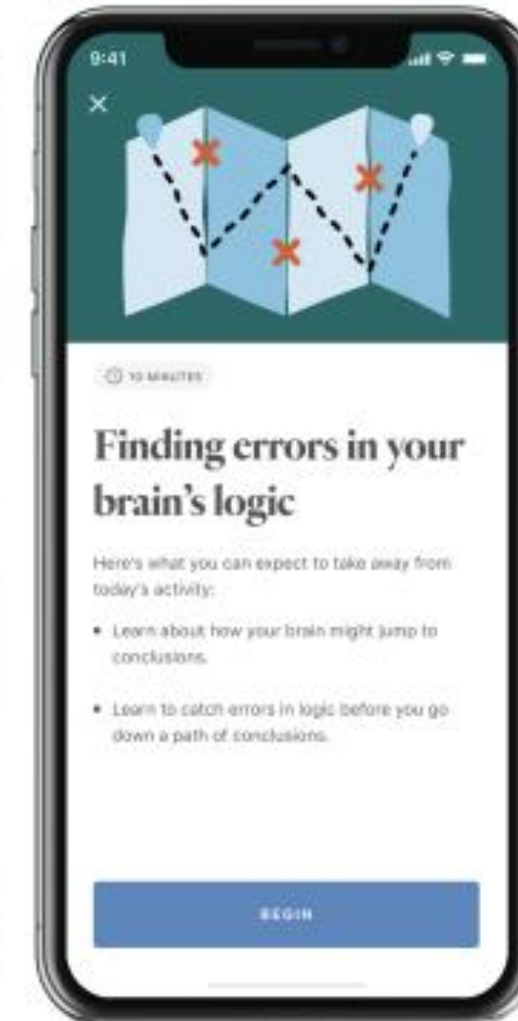
Ginger is an app based and virtual care licensed medical provider. Ginger assists people across a broad spectrum of need, from the common to the complex.

Ginger meets people where they are 24/7 with an integrated, collaborative healthcare system.

Coaching offers members day-to-day support. App includes a Self-Care Library includes interactive experiences that help members learn about and practice the valuable skills needed to manage stress, anxiety, and other day-to-day challenges via guided meditations, breathing exercises, recorded classes, and more.

Licensed therapists work with members to deepen self-awareness, identify and address ineffective patterns of behavior, and process thoughts and feelings;

Psychiatrists stand ready to support those in need of additional care, including prescribing medications.



Customer Service is built into Wellvolution platform via Instant Chat, E-mail and Telephonic Support at 1-866-671-9644 6:00 am through 6:00 pm PST

HOW IT WORKS

1

Create a Wellvolution account

We'll confirm that you're qualified to receive the program at no additional cost.

2

Select your program

Tell us about your health goals and we'll suggest program choices that are right for you. Pick one you want to try.

3

Become a healthier you!

With the assistance of your program, begin making healthier choices about diet, exercise, sleep, stress, and your overall health.

WHAT OUR MEMBERS ARE SAYING



This program has changed my life! I feel like a new man with more energy, less stress, better sleep, and I don't have to use my CPAP machine anymore! My Betr coach is amazing and I'm definitely grateful to her for my success.



Angel, on the Betr Health program
Lost 50 lbs in 6 months

Blue Shield Wellness Discounts and Tivity Fitness Your Way Gym Discount

Gym Discount

<https://fitnessyourway.tivityhealth.com/bsc>

Get access to 10,000+ fitness centers nationwide for just \$25 per month. With Fitness Your Way, brought to you by Blue Shield of California in partnership with Tivity Health, you can exercise when and where it's convenient for you

Register online or by phone by calling 833-283-8387. Membership gives you access to thousands of gyms for just \$25 per month and a low one-time enrollment fee of \$25.

You get:

- Basic access to gyms near home and work
- No contract commitments
- Flexibility to use multiple fitness centers for one low monthly fee
- full access to an Online Health and Wellness Platform that includes thousands of fitness and wellness videos, live classes, and fitness programs. It's all included in your Fitness Your Way membership!

•**Blue Shield Members Alternative Care Discounts** at www.blueshieldca.com/bewell

Click on Wellness Discount Programs Tab to get access to more information and how to take advantage of these these wellness discounts:

Acupuncture services

Members receive 25% off on services including:

- Examinations
- Acupuncture or electro-acupuncture
- Adjunctive therapeutic procedures

Chiropractic services

Members receive 25% off on services including:

- Examinations
- Manipulative treatment
- Adjunctive therapeutic procedures
- X-rays
- Supports and appliances

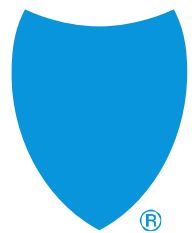
Therapeutic massage services

Members receive 25% off on services on a variety of techniques including:

- Swedish massage
- Deep muscle massage
- Deep tissue massage

Disclaimer

These discount program services are not covered benefits of Blue Shield health plans and none of the terms or conditions of Blue Shield health plans apply.



Thank you

blue  of california

Blue Shield of California is an independent member of the Blue Shield Association