



Blue Shield of CA HMO & PPO Accolade Members

Wellvolution, is a digital platform for health and well-being that offers over 50 apps and programs to help you achieve your health goals – at no extra cost. You choose the areas to focus on:

- Prevent and reverse disease
- Eat better
- Exercise more
- Manage stress
- Sleep better
- Tobacco cessation
- Weight Management Programs

Free Access to Mental Health & Emotional Well-Being Apps

 **Headspace** – Learn meditation and mindfulness to reduce stress and boost mood.

 **Ginger** – Get expert mental health care online, when you need it.
(HMO members access via Wellvolution & PPO members access via Accolade)

Get started at wellvolution.com or call (866) 671-9644 today!

blue of california

Well-Being Discounts

Fitness Your Way

Get access to 10,000+ fitness centers nationwide for just \$25 per month. Visit fitnessyourway.tivityhealth.com/bsc or call (833) 283-8387.

Alternative Care Services

Save on alternative healthcare services from practitioners participating in the ChooseHealthy program.

- Acupuncture
- Chiropractic
- Therapeutic Massage

Visit blueshieldca.com/bewell to learn more.



Well-Being Discounts

Get member discounts for health-related services and products. Learn more here sfhss.healthnetcalifornia.com.

Weight Management Programs

Weight Watchers - weightwatchers.com/us/health-net
Jenny Craig - jennycraig.com/healthnet

Active&Fit Direct

Offers membership discounts 11,000+ fitness centers, including select YMCA locations. The cost is just \$25 a month (plus a one-time \$25 signup fee and taxes).

ChooseHealthy Program

Get a 25% discount on acupuncturists, chiropractors, massage therapists. Visit the ChooseHealthy store to buy health and well-being products at a discount.


Enroll at sfhss.healthnetcalifornia.com or call (833) 448-2042.


Health Net CanopyCare Members


Health Net gives you the tools and well-being programs you – and your family – need to live a healthy life. Programs include:

- Health challenges
- Tobacco cessation
- Behavioral health
- Diabetes prevention
- Well-being webinars

Free Access to Mental and Physical Health Apps

 **Unwind** – A mental well-being program designed to help you better understand how your mind works, reduce stress, and build healthier habits.

 **myStrength** – Online tool to help you manage stress, anxiety, chronic pain, and more.

 **omada** – Pre-diabetes and weight management digital program that creates a personalized plan and provides one-on-one support.


Learn more at sfhss.healthnetcalifornia.com or call (833) 448-2042.


Kaiser Permanente Members


Explore well-being resources and programs that help guide you on how to live a healthier tomorrow. Stay healthy and thrive with these free lifestyle programs and online classes at kp.org/classes:

- Eating healthy
- Weight management
- Online Classes
- Sleep better
- Reduce stress
- Tobacco cessation

Free Access to Mental Health & Emotional Well-Being Apps Visit kp.org/selfcareapps.

 **Calm** – Practice meditation and mindfulness to help lower stress, anxiety, and improve sleep.

 **myStrength** – Online tool to help you manage stress, anxiety, chronic pain, and more. Track your health, enjoy activities, and become inspired.

 **Ginger** – App to provide non-clinical emotional coaching support.

To learn more visit kaiserpermanente.org/health-wellness or contact your local facility for more information.



Well-Being Discounts

ClassPass – Get unlimited on-demand video workouts at no costs and reduced rates on real-time online and in-person fitness classes. Learn more at kp.org/exercise.

ChooseHealthy Program

Get reduced rates on a variety of fitness products, massage therapy, Active&Fit Direct gyms, and well-being services through the ChooseHealthy program. Learn more at kp.org/choosehealthy.

SFHSS Well-Being Benefits and Resources

Lifestyle Coaching

Get one-on-one well-being support by phone with a coach at no cost to you. Work with a coach to develop a personalized health plan.

Discussion topics include:

- Healthy eating and nutrition
- Stress Management
- Exercise and physical activity
- Tobacco cessation
- Weight management
- And more!

Blue Shield of CA

- **HMO Members** visit wellvolution.com or call (866) 671-9644
- **PPO Members** visit wellvolution.com, call (866) 671-9644 OR visit members.accolade.com, call (866) 336-0711

Health Net CanopyCare Members

Visit sfhss.healthnetcalifornia.com or call (833) 448-2042

Kaiser Permanente Members

Visit kp.org/wellnesscoaching, or call (866) 862-4295



Take a Health Assessment Online Today

Increase your awareness and learn about your well-being by taking a few minutes to complete a health assessment through your health plan provider. Get support and personalized programs that are right for you.

Blue Shield of CA Members (HMO & PPO)

Visit wellvolution.com or call (866) 671-9644

Health Net CanopyCare Members

Visit healthnet.Sharecare.com or call (855) 430-5272

Kaiser Permanente Members

Visit kp.org/tha or call (800) 514-0985



To view additional health benefits please visit
<https://sfhss.org/Using-Your-Benefits/using-your-benefits-employees>