Wellvolution

blue california

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

habitnu

WW

Virgin Pulse

WEIGHT MANAGEMENT

DIABETES PREVENTION

CARDIOVASCULAR

4. Condition-specific programs providers

betr DIGITAL HEALTH

virta

monj WELL

DIABETES

HYPERTENSION

OBESITY

HEART DISEASE

How does it work?

1. Member accesses information and reviews digital programs at Wellvolution.com
2. Creates an account
3. Answers 10 to15 questions designed to identify unique health risks and goals
4. Reviews recommended programs, downloads the app of the program of their choice, and begins participating and improving their health

Change your health, change your life. Visit **www.wellvolution.com** to get started today.