



# Jump start your well-being

Feel your best every day with tools and programs to help you stay healthy.

## Make real improvements to your health with Wellvolution

Wellvolution® personalized health programs offer nutritional coaches, meal plans and 24/7 guidance to help you improve your health and well-being. The program includes popular apps such as Headspace for meditation and Ginger for mental health support. You choose the areas to focus on:

- **Prevent and treat disease** – Prevent and treat obesity, type 2 diabetes, cardiovascular disease, and other conditions.
- **Eat better** – Get help with meal planning, use nutritional calculators, and lose weight
- **Exercise more** – Get support with movement tracking, workout routines, and coaching
- **Manage stress** – Meditate, practice mindfulness, and more
- **Sleep better** – Track sleep patterns and enjoy relaxation exercises for better rest
- **Quit smoking** – Get the support you need to stop smoking with nicotine replacement therapy and other methods

Learn more and find a program that fits your lifestyle at [wellvolution.com](https://wellvolution.com).

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## Learn about preventive care for you and your family

Seeing your doctor once a year for a preventive care visit can help you catch small problems before they turn into big ones. Find out what screenings, services, and immunizations we recommend for you and your family. Visit [blueshieldca.com/preventive](https://blueshieldca.com/preventive).

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## Save money on fitness club memberships and more

Get help saving money and living healthier with a wide range of wellness discount programs,<sup>†</sup> including Fitness Your Way™. This program gives you access to more than 800 fitness centers in California and thousands more nationwide for just \$25 per month.<sup>‡</sup>

The wellness discount programs also include acupuncture and chiropractic services; therapeutic massage; and eye exams, frames, contact lenses, and LASIK surgery. Learn more at [blueshieldca.com/wellnessdiscounts](https://blueshieldca.com/wellnessdiscounts).

\* To see if you're eligible for this program, call the customer service phone number on the back of your Blue Shield member ID card.

<sup>†</sup> These discount program services are not a covered benefit of your Blue Shield of California, Blue Shield of California Life & Health Insurance Company (Blue Shield Life), or self-insured health plan, and none of the terms or conditions of the Blue Shield, Blue Shield Life, or self-insured health plan apply.

<sup>‡</sup> Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

The networks of practitioners and facilities in the discount programs are managed by external program administrators, including any screening and credentialing of providers. Blue Shield does not review the services provided by discount program providers for medical necessity or efficacy, nor does

Blue Shield make any recommendations, representations, claims, or guarantees regarding the practitioners, their availability, fees, services, or products.

Some services offered through the discount program may already be included as part of the Blue Shield plan covered benefits. Members or self-insured plan participants should access those covered services prior to using the discount program.

Members or self-insured plan participants who are not satisfied with products or services received from the discount program may use the grievance process described in their *Evidence of Coverage, Disclosure Form, Evidence of Coverage and Disclosure Form, Benefit Booklet or Certificate of Insurance/Policy*. Blue Shield reserves the right to terminate this program at any time without notice.