BECOME A HEALTHIER YOU!
Get tools and support to lose weight, reduce stress, treat diabetes, and more - at no extra cost.

1. Create your Wellvolution account.
2. Select your health goal.
3. Answer a brief questionnaire to help Wellvolution recommend a program based on your health needs.

Get lifestyle-based tools and support to lose weight, treat diabetes, support mental health, and more. Clinically proven programs, designed for you - at no cost to eligible Blue Shield of California members.

Wellvolution can help you feel your best with:
• Best-in-class digital mental and physical health programs
• Personalized coaching and support

Discover health reimagined at wellvolution.com.
WAYS TO MEET YOUR HEALTH GOAL

Explore your options on the Wellvolution platform - including healthy recipes, on-demand exercise videos, and more.

Our library of apps and programs – both digital and in-person – can help you:

- Prevent and treat diseases like diabetes, obesity, and heart disease
- Lower stress, anxiety, and depression through meditation and health coaching
- Lose weight
- Stop smoking

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 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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