

OCT / NOV 2024

Wellvolution is your online hub to find the right virtual health program to support you with your health goals. Whether you're trying to lose weight, stress less or even just increase your longevity, there is something for everyone on Wellvolution! Come see what's new!

Our apps and programs can help you achieve your health goals. Visit [Wellvolution](#) for more information.

Learn more about Wellvolution and how to register. [Wellvolution Member Overview \(Youtube\)](#)

Make sure to subscribe to emails from Blue Shield to get the most up-to-date information about Wellvolution and other programs available to you through your health plan!

To manage your Communications Preferences, log in to [blueshieldca.com](#) and go to My Profile.

October 10 is World Mental Health Day

Mental health is more important than ever – and it starts with taking care of ourselves. Step away from your day and share a collective moment of calm in honor of World Mental Health Day with a guided meditation from Headspace.



**World Mental Health Day**

Thursday October 10, 9am PT / 12pm ET

[Register here](#)

Explore mental health resources available to you on [Blue Shield of California's website](#).

Bringing Awareness to Diabetes

November is **National Diabetes Awareness Month**. It is a time when communities across America bring awareness to the prevalence of this chronic condition.

About 38 million adults have diabetes, and 1 in 5 of them don't know they have it. Blue Shield of California offers members access to programs and benefits to help prevent and manage diabetes.

- Diabetes management programs like [Virta](#)
- Support through Blue Shield's Care Management program
- Learn about routine screenings and diabetes care

Additional resources can be found on Blue Shield of California's [Diabetes Support webpage](#).

Headspace Live Events

Join Headspace each month for a live 30-minute meditation and Q&A to help clear your mind and nurture mindfulness.



**November**

**Embracing Loving-Kindness**

Thursday November 7 @ 9am PT / 12pm ET

[Register Now](#)

Join Headspace for quarterly workshops offering expert-back support on mental health topics.



**Thursday, November 14**

**Navigating Grief with Grace & Gratitude**

Headspace experts share advice for navigating life's toughest challenges

[Session 1](#): 9am PT / 12pm ET

[Session 2](#): 5pm PT / 8pm ET



**Politics Without Panic: Your election season survival guide**

Explore Headspace's free toolkit with mental health resources curated by their meditation teachers and trained mental health coaches to help you put your mental health first this election season.

Headspace and Headspace Care are available through [Wellvolution](#).

Drop Medications, Weight and Chronic Conditions with Betr

**LIVE every Tuesday night!** If you've tried everything to get your health and weight back and nothing seems to work, it's time to try Betr. Discover the real root cause of our struggle with healthy living. Hear directly from other members who are reversing diabetes, dropping medications, regaining energy, reducing pain and losing 3-5 pounds per week.

Join Betr Founder and CEO, Dr. Ferro, in a lively exchange of learning, stories, and more. You'll have the opportunity to ask questions during the Q&A session.

**Every Tuesday Night**  
6pm PT / 9pm ET

[Register here](#)

Blue Shield of California provides access to Betr to eligible members at no additional cost through Wellvolution. See if Betr is a good fit for you at [wellvolution.com/betrhealth](#).