

FEB / MAR 2025

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.

Listen To Your Heart

February is American Heart Month.

Follow these tips to help safeguard your heart and enhance your overall well-being.

- [Eating a heart-healthy diet](#), losing extra weight, reducing stress, and quitting smoking are all ways to help lower your blood pressure - get support you need by joining a program through one of [Wellvolution's](#) digital clinical programs.
- Regular checkups with your doctor can help you stay in control of your health.
- Exercise and heart health go hand-in-hand - join a gym with a membership through [Fitness Your Way](#) to help you get the exercise and support to stay healthy.

Get Active with Fitness Your Way

[Fitness Your Way](#) provides access to join as many gyms as you want, near home, work and play.

- Seven gym packages, with three new luxury packages options available
- Get access to 13,000+ fitness locations nationwide – opportunity to join multiple gyms, not just one
- Digital only package (all digital content included with gym packages)
- On-demand videos available 24/7 and live virtual classes like cardio, bootcamps, barre, and yoga from Bernalong

For the month of March, use code [BSCPROMOMAR25](#) when you sign up and your enrollment fee is waived! Learn more at [bsca.fitnessyourway.tivityhealth.com](#).

Headspace Live Events

Taking care of your mental health is always important. We have many resources to help you manage stress and improve your mental health.

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



Thursday, February 6 @ 9am PT / 12pm ET

[Uplifting Diverse Perspectives](#)

Foster inclusivity and be a supportive ally.

[Register Now](#)



Thursday, March 6 @ 9am PT / 12pm ET

[Prioritizing Sleep](#)

Learn how to wind down and rest better.

[Register Now](#)

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



Thursday, March 13

[The Power of Rest: How to Recharge Day and Night](#)

Support your body and mind with quality rest and sleep.

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

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

You can check out the full 2025 live events calendar [here!](#)

To learn more and find ways to take care of your mental health, visit [blueshieldca.com/mentalhealth](#).

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](#).