





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.

<u>Wellvolution Member Overview (Youtube)</u>

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!

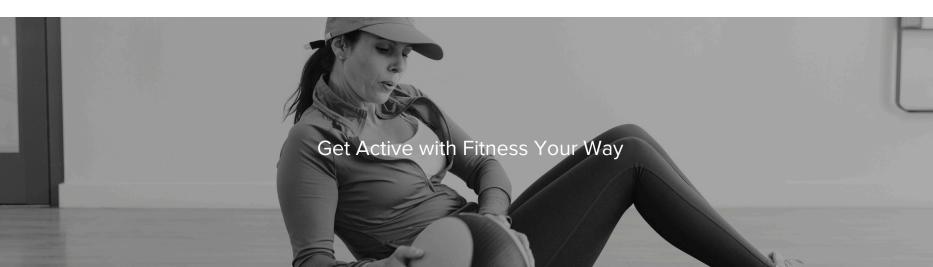
To manage your Communications Preferences, log in to <u>blueshieldca.com</u> and go to My Profile.



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.



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 Burnalong

For the month of March, use code **BSCPROMOMAR25** when you sign up and your enrollment fee is

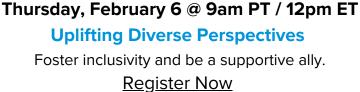
waived! Learn more at <u>bsca.fitnessyourway.tivityhealth.com</u>.



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

and nurture mindfulness.

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

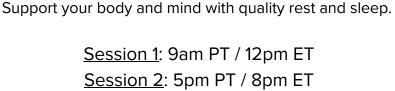


Thursday, March 6 @ 9am PT / 12pm ET **Prioritizing Sleep**

Learn how to wind down and rest better. Register Now

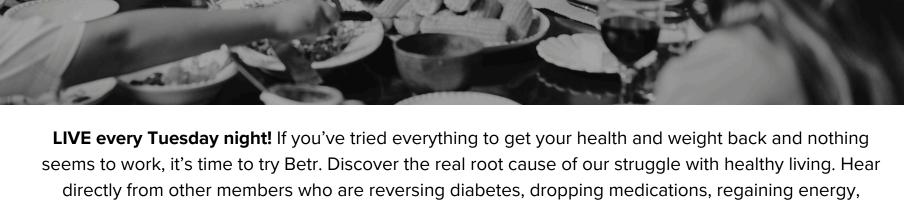
Join Headspace for quarterly workshops offering expert-back support on mental health topics.

Thursday, March 13 The Power of Rest: How to Recharge Day and Night



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

You can check out the full 2025 live events calendar here!



Drop Medications, Weight and Chronic Conditions with Betr

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.