

# Behavioral health for fully insured groups



## Digital programs

### Wellvolution

Our Wellvolution® platform integrates the largest digital therapeutics network of any U.S. health plan, including 7 stress management programs vetted by Blue Shield for high member satisfaction. [Learn more](#)

### myStrength

A suite of self-service tools that can help employees with stress, anxiety, depression, sleep disorders, and mild substance abuse. [Learn more](#)



## Virtual care and coaching

### Teladoc Mental Health

Nationwide virtual (phone or video) coaching for members living anywhere in the U.S. or while traveling. Available daily 7 a.m. to 9 p.m. for one-to-one appointments with a behavioral health provider. [Learn more](#)

### NurseHelp 24/7<sup>SM</sup>

Online chat or phone assistance. Nurses can give referrals to providers or county mental health resources, and help members access care. [Learn more](#)

### LifeReferrals 24/7<sup>SM</sup>

This confidential EAP-like program connects members with an experienced team of behavioral health coaches. Members also get access to financial & legal coaches, as stressful circumstances arising from divorce, adoption, budgeting, & more can trigger behavioral issues. [Learn more](#)



## In person

### Inside California

Fully insured members have access to Magellan's provider network of over 15,000 behavioral health clinicians & facilities (in person & virtual options).

[Find a doctor: Inside California](#)

### Outside of California

Fully insured members have access to over 34,000 behavioral health providers through the national BlueCard network (in person & virtual options). [Find a doctor: Outside of California](#)

Our network continually evolves to address the needs of members.



## Children

### BlueSky

We've committed \$10M to a multi-year community program to support middle and high school students in California through mental health programs & online resources.

[Learn more](#)



## Maternity

### Maven

Maven is an innovative 12-month digital maternity program for new and aspiring parents that includes on-demand access to mental health providers.

[Learn more](#)

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.