

WELLVOLUTION: WHERE HEALTHY CHOICES ARE MADE EASY



Take control of your health with Wellvolution® – the digital platform that guides you in your health journey.

Included with Blue Shield plans at no additional cost, Wellvolution can help you feel your best with:

- Best-in-class well-being apps and health programs
- Guidance for treatment-related decisions
- Personalized coaching and support

WAYS TO MEET YOUR HEALTH GOAL

Whether you're a CrossFit buff or a committed couch potato, love trending plant-based diets or are a die-hard carnivore, Wellvolution has something just for you.

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



Prevent and treat disease



Lose weight



Manage stress



Sleep better



Eat healthier



Stop smoking

Particularly useful for: Getting to your ideal weight, normalizing blood pressure, lowering cholesterol, reversing type 2 diabetes, and more.

HEALTH CARE MADE PERSONAL

With Wellvolution, you get access to Care Compass – an online care planning tool to help you:

- 1** Better understand your treatment options
- 2** Drive medical care conversations with your doctor
- 3** Make smarter decisions about your health

Particularly useful for: Understanding type 2 diabetes diagnosis, care, and treatment options.

ADVOCATES AND RESOURCES FOR YOUR HEALTH

Available in Los Angeles and Sacramento counties: Get recommendations and learn about local resources from Community Health Advocates.

The team can help you navigate the health system and connect with resources like:

- Food assistance
- Transportation
- Legal help
- Housing support



Discover health reimagined at
wellvolution.com.

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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