

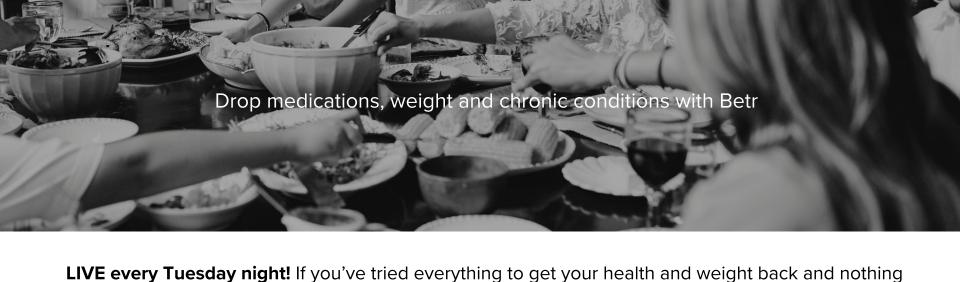
Wellvolution is a Blue Shield of California digital health platform that offers a curated collection of lifestyle medicine programs to help you address your mental and physical health needs, at no additional cost.

Visit Wellvolution for more information

Our apps and programs can help you achieve your health goals.

How Wellvolution works: Learn more about Wellvolution and how to register.

Wellvolution Member Overview Wellvolution Member Overview (45 seconds)



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.

Every Tuesday Night

You'll have the opportunity to ask questions during the Q&A session.

Blue Shield of California provides access to Betr to eligible members at no additional cost through Wellvolution. See if Betr is a

6pm PT / 9pm ET

Register here

good fit for you at wellvolution.com/betrhealth.

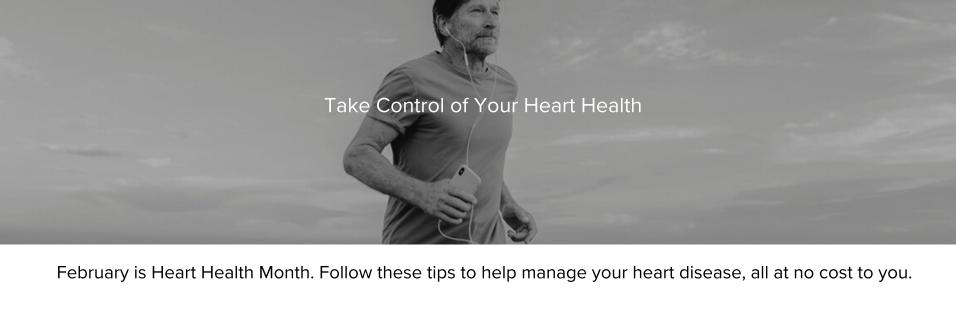


Wellvolution. Starting 1/31, three musculoskeletal (MSK) virtual programs, offering different levels of acuity for joint and back pain, are available at no cost to eligible Wellvolution members. Additionally, we have added two new providers to Wellvolution's Diabetes Prevention and Weight

Management network - Ciba Health and Wondr Health. To see if these programs are a good fit for you, visit

We are excited to announce digital solutions for musculoskeletal (MSK) conditions will be available on

Wellvolution.



• Wellvolution has digital clinical programs designed to help you eat healthy, lose weight, quit smoking, manage high blood pressure, and reduce stress – which can help improve heart health

• Stay under control with regular doctor visits and connect with <u>Blue Shield's Care Management Program</u> to

Healthy habits like exercise can help improve your overall health – Blue Shield of California in partnership

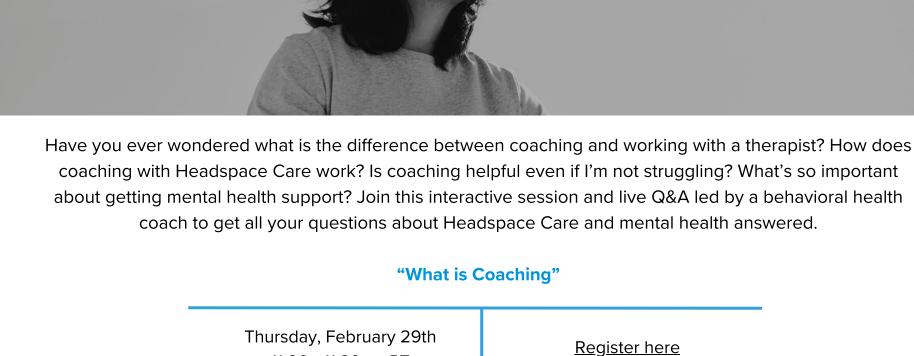
with Tivity Health offers Fitness Your Way, a gym discount program, so you can exercise when and where

- get support from a team of experts



Headspace Live Events

receive the promotional offer. Additional terms, conditions and limitations apply.



it's convenient for you

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

11:00 - 11:30am PT

Communications

Discover the key to fostering deeper relationships and enhancing communication

Session 1: 9am PT / 12pm ET

Session 2: 5pm PT / 8pm ET

Thursday, February 15

Learn effective strategies for getting much

needed R&R Session 1: 9am PT / 12pm ET

Session 2: 5pm PT / 8pm ET

Thursday, March 28

Prioritizing Rest and a Good Night's Sleep

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



Celebrating Diverse Perspectives

Thursday February 1 @ 9am PT / 12pm ET Register Now

guiding people to better health in their communities. Blue Shield of California is an independent member of the Blue Shield association.



Mind-Body Connection

Thursday March 7 @ 9am PT / 12pm ET Register Now

Headspace and Headspace Care are available through Wellvolution.