

FEB / MAR 2024

Mindbody
Medicine
in action

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.

Our apps and programs can help you achieve your health goals.
Visit [Wellvolution](#) for more information

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

[Wellvolution Member Overview](#)

[Wellvolution Member Overview \(45 seconds\)](#)

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.

New Digital Providers Added to the Wellvolution Network

We are excited to announce digital solutions for musculoskeletal (MSK) conditions will be available on 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 [Wellvolution](#).

Take Control of Your Heart Health

February is Heart Health Month. Follow these tips to help manage your heart disease, all at no cost to you.

- [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 [Blue Shield's Care Management Program](#) to get support from a team of experts
- 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 it's convenient for you

Get a Head Start on Summer Wellness

Embrace spring and let it inspire a healthier, happier you for the warmer months. Fitness Your Way gives access to four gym packages starting at \$19/month to thousands of fitness locations nationwide. Join now at <https://bsca.fitnessyourway.tivityhealth.com/> and use promo code **BSCENROLL4FREEMAR** for waived enrollment fee when joining in the month of March.

Offer valid from March 1 - March 31, 2024. If member selects the digital only membership, they will not receive the promotional offer. Additional terms, conditions and limitations apply.

Headspace Live Events

Have you ever wondered what is the difference between coaching and working with a therapist? How does coaching with Headspace Care work? Is coaching helpful even if I'm not struggling? What's so important about getting mental health support? Join this interactive session and live Q&A led by a behavioral health coach to get all your questions about Headspace Care and mental health answered.

“What is Coaching”

Thursday, February 29th
11:00 - 11:30am PT

[Register here](#)

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

Thursday, February 15

Mindful Relationships and Healthy Communications

Discover the key to fostering deeper relationships and enhancing communication

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

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

Thursday, March 28

Prioritizing Rest and a Good Night's Sleep

Learn effective strategies for getting much needed R&R

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

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

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



February

Celebrating Diverse Perspectives

Thursday February 1 @ 9am PT / 12pm ET

[Register Now](#)



March

Mind-Body Connection

Thursday March 7 @ 9am PT / 12pm ET

[Register Now](#)

Headspace and Headspace Care are available through [Wellvolution](#).