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Health changes can be hard to make alone. Wellvolution®, Blue Shield’s digital health platform, offers a curated collection of lifestyle medicine programs to help you address your mental and physical health needs – at no extra cost.

Visit [Wellvolution.com](https://www.wellvolution.com) for more information on the apps and proven programs that can help you reach your health goals.



Health and fitness made simple

Making positive changes to your health can feel overwhelming, but there’s good news: you don’t have to do it alone. Wellvolution® has the support every step of the way to reach your fitness and health goals.

- **Apps**
Get access to premium apps to track your progress, set goals, and stay motivated.
- **Connected devices**
Automatically log activity and weight with devices like a Fitbit® tracker or digital scale.*
- **Expert advice**
Connect with experienced coaches and professionals for guidance tailored to you.

Visit [Wellvolution.com](https://www.wellvolution.com) to get started. Log in or register and select your next health goal.



Simple ways to add more movement to your life

Exercise is one of the best things you can do for your health. It can lower the risk of chronic disease and help you maintain a healthy weight. It can also improve sleep and mood.

Getting started doesn’t have to be difficult. Lots of simple (and fun) activities count as exercise. Even small changes – like moving more and sitting less throughout the day – can make a big difference.

What counts as activity?

You don’t need to belong to a gym or own fancy equipment. Any activity that gets your heart pumping is exercise.

Activities that could go toward your total minutes include everything from walking up stairs, yardwork, or exercise.

Your activity adds up throughout the day, too. That means you can break it into small chunks. For example, you might walk for 15 minutes in the morning and work in the garden after lunch. Then maybe you play basketball with your kids for 10 minutes before dinner.

Exercise can benefit everyone

If you’re looking to manage your weight or you have a chronic condition, being active is one key to improving your health.

The bottom line: Moving more can help you get healthier and feel happier. So get out there and have fun.

Consult your doctor prior to starting an exercise program. Blue Shield of California is not a healthcare provider and does not provide medical advice. Always consult with your physician or other qualified healthcare provider with any questions regarding a medical condition.



Quick links to Blue Shield resources

[Find a doctor](#) for support with mental health conditions.

Explore support tools, take assessments, and find more resources at [CredibleMind](https://www.crediblemind.com).

Visit [Wellvolution.com](https://www.wellvolution.com) and see all the programs available to help you on your health journey.

*Fitbit activity tracker for members who complete participation requirements in a cardiometabolic program. Requirements vary, check with your program for details. Applies to certain Fitbit® models. Limited to one per person. Solera Health reserves the right to substitute an alternate activity tracker. Digital scales included in digital weight loss programs only.

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Blue Shield of California is an independent member of the Blue Shield Association.