

Q3 2026



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.

A lifestyle-first approach to weight loss



Thinking about losing weight? You’re not alone — and you have more options than you may realize.

Real, lasting weight change comes from small, sustainable shifts in how you eat, move, and sleep. Wellvolution makes those changes easier with personalized programs at no extra cost to you.

How Wellvolution supports your weight loss journey

- Personalized matching**
 Take a one-minute health quiz and get matched with a program built around your goals, schedule, and preferences.
- Expert coaching**
 Work one-on-one with health coaches and registered dietitians who help you set realistic goals and stay on track.
- Premium apps and tools**
 Get access to digital programs designed to help you build healthier habits day by day.
- A free Fitbit®**
 Members who enroll in a qualifying program and meet participation requirements receive a Fitbit activity tracker to follow their progress.*

Ready to take the first step? Visit [Wellvolution.com](https://www.wellvolution.com), log in or register, and choose Lose weight as your health goal.

Stay safe in the sun this summer



Sunshine has its benefits, but too much sun exposure can damage your skin and raise your risk for skin cancer — the most common cancer in the United States.

A few simple habits make a big difference

- Wear broad-spectrum sunscreen with SPF 30 or higher, and reapply every two hours.
- Seek shade between 10 a.m. and 4 p.m., when the sun’s rays are strongest.
- Cover up with lightweight long sleeves, a wide-brimmed hat, and UV-blocking sunglasses.
- Check your skin regularly for new spots or moles that change in size, shape, or color.

Talk to your doctor about a yearly skin check, especially if you have a personal or family history of skin cancer.

Quick links to Blue Shield resources

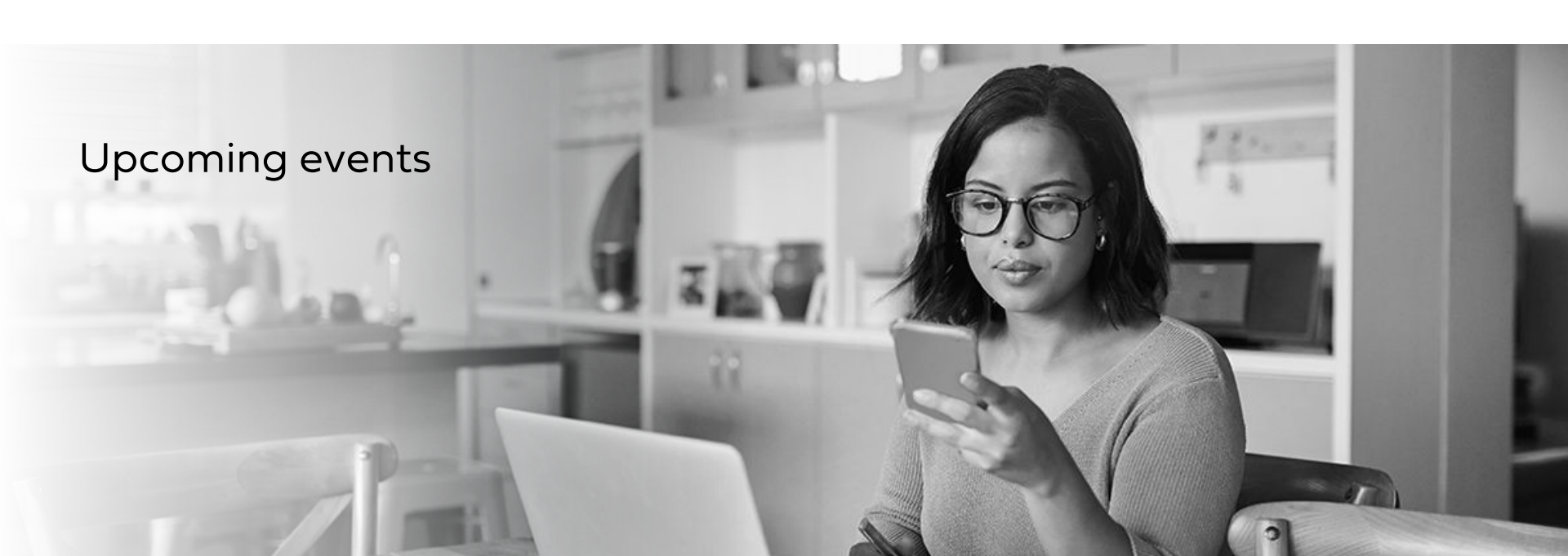


[Find a doctor](#) for support with mental health conditions.

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.

Upcoming events



headspace

Headspace

Live workshop

- Balance & boundaries: Creating space for what matters most**
 Find steadiness by setting healthy boundaries and creating balance between work, rest, and what matters most.
 Thursday, August 13
 9am or 5pm PT

Live meditation

- Change & Transitions**
 Move through change with confidence and grace.
 Thursday, August 6
 9am PT

[Sign up for all Headspace workshops and events](#)

SWORKIT HEALTH

SworKit Health

Wellbeing webinar

- Functional fitness for life: The pillars of safe movement for every age and workplace**
 Tuesday, August 11
 9am PT

Live movement break

- Move with ease: Flexibility, balance & coordination in action**
 Thursday, August 20
 10am PT

[Sign up for all SworKit events](#)

*Fitbit activity tracker for members who complete participation requirements in a qualifying 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.

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 or before starting a weight loss program.

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. Solera Health, Inc. is independent of Blue Shield of California. These program services are not a covered benefit of Blue Shield health plans and none of the terms or conditions of Blue Shield health plans apply. Blue Shield reserves the right to terminate this program at any time without notice. Any disputes regarding Wellvolution may be subject to Blue Shield's grievance process.

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