

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 for more information on the apps and proven programs that can help you reach your health goals.

Quit tobacco your way

Quitting smoking or vaping can be challenging — but support is available, and you don't have to do it alone.

Thinking about making a change? Blue Shield of California offers tools and resources through Wellvolution that can help you succeed — all at no additional cost.

Your program includes

- A personalized plan that's more successful than calling a quit line.*
- Nicotine patches, gum, and lozenges delivered right to your door.
- On-demand support to help you handle your cravings.
- Coaching tailored to your goals, whether you want to quit completely or cut back.

Getting started is simple. Visit Wellvolution.com, log in or register, and choose Quit smoking as your health goal.

Stay well through the colder months

As temperatures drop and indoor gatherings pick up, it's a good time to think about a few habits that protect your health all winter long.

A few small steps can help

- Get your annual flu shot — and ask your doctor whether other vaccines are right for you.
- Wash your hands often, especially before meals and after being in shared spaces.
- Keep moving. Shorter, daylight-friendly walks or at-home workouts can help maintain your energy and mood.
- Prioritize sleep and stress management — both support a stronger immune system.

If you start feeling under the weather, contact your primary care provider early. Many Blue Shield plans include access to virtual care, so you can get advice without leaving home.

Quick links to Blue Shield resources

Find a doctor for support with mental health conditions: blueshieldca.com/fad

Explore support tools, take assessments, and find more resources at CredibleMind: blueshieldca.crediblemind.com

Visit Wellvolution.com and see all the programs available to help you on your health journey.

Upcoming events from our partners**

headspace

Live Workshop

- **Grief & Gratitude: Holding Space for Healing**
  Discover ways to move through loss while honoring your healing journey.
  - Thursday, Nov 12
  - 9 am PT and 5 pm PT

Live Meditation

- **Gratitude & Letting Go**
  Create space for joy and say 'no' to what is no longer serving you.
  - Thursday, Nov 5
  - 9 am PT
- **Rest & Recharge**
  Give yourself permission to pause.
  - Thursday, Dec 3
  - 9 am PT

Sign up for all Headspace workshops and events:
events.headspace.com/calendar

SWORKIT HEALTH

Live Movement Break

- **Align and Unwind: Release Back Stress and Tension**
  - Friday, Dec 17
  - 11 am PT

Global Challenge

- **On-the-Go Movement: Zero Equipment 5-Day Challenge**
  Experience five days of effective workouts you can do anytime, anywhere - no equipment or large space necessary.
  - Tuesday, Nov 16 - Saturday, Nov 20

Sign up for all Sworkit events:
linktr.ee/SworkitEvents

eMLife

Live Session

- **QuitSmart™ Mindfully Program**
  - Monday, Oct 12
  - 2 pm PT

*Based on program participation requirements. Results may vary. Speak with your doctor before starting any tobacco cessation program, especially if you use nicotine replacement therapy.

**Enrollment period for these programs ends on 12/31/26.

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.