Get proven apps and programs to help you achieve your health goals – at no extra cost.

With Wellvolution®, our digital platform for health and well-being, you choose the areas to focus on:

- **Prevent and reverse disease**
  Prevent diabetes and reverse cardiovascular disease and other conditions.

- **Manage stress**
  Meditate, practice mindfulness, and more.

- **Sleep better**
  Track sleep patterns and enjoy relaxation exercises for better rest.

- **Eat better**
  Get help with meal planning, use nutritional calculators, and lose weight.

- **Exercise more**
  Get support with movement tracking, workout routines, and coaching.

- **Quit smoking**
  Get the support you need to stop smoking with nicotine replacement therapy and other methods.

You and your covered dependents who are age 18 and older are eligible to participate in Wellvolution. Sign up today at wellvolution.com. We’ll recommend the right apps and programs to meet your needs.
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For more help and resources, visit blueshieldca.com or contact Member Services at the number on your member ID card. If you do not have your ID card, you can call (800) 393-6130 (TTY: 711).

**Language Assistance Notice**
For assistance in English at no cost, call (866) 346-7198. Para obtener asistencia en Español sin cargo, llame al (866) 346-7198. 如果需要中文的免费帮助，请拨打这个号码 (866) 346-7198.

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