



# WELLVOLUTION: WHERE HEALTHY CHOICES ARE MADE EASY



**Take control of your health with Wellvolution®** – the digital platform that guides you in your health journey.

Included with Blue Shield plans at no additional cost, Wellvolution can help you feel your best with:

- Best-in-class well-being apps and health programs
- Guidance for treatment-related decisions
- Personalized coaching and support

## WAYS TO MEET YOUR HEALTH GOAL

Whether you're a CrossFit buff or a committed couch potato, love trending plant-based diets or are a die-hard carnivore, Wellvolution has something just for you.

Our library of apps and programs – both digital and in-person – can help you:

Prevent and treat disease	Lose weight	Manage stress
Sleep better	Eat healthier	Stop smoking

**Particularly useful for:** Getting to your ideal weight, normalizing blood pressure, lowering cholesterol, reversing type 2 diabetes, and more.

**Wellvolution**

# HEALTH CARE MADE PERSONAL

With Wellvolution, you get access to Care Compass – an online care planning tool to help you:

- 1** Better understand your treatment options
- 2** Drive medical care conversations with your doctor
- 3** Make smarter decisions about your health

**Particularly useful for:** Understanding type 2 diabetes diagnosis, care, and treatment options.

## ADVOCATES AND RESOURCES FOR YOUR HEALTH

**Available in Los Angeles and Sacramento counties:** Get recommendations and learn about local resources from Community Health Advocates.

The team can help you navigate the health system and connect with resources like:

- Food assistance
- Transportation
- Legal help
- Housing support



Discover health reimagined at  
**[wellvolution.com](https://wellvolution.com)**.

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For more help and resources, visit [blueshieldca.com](https://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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