

APRIL / MAY 2025

Wellvolution is your online hub to find the right virtual health program to support you with your health goals. Whether you're trying to lose weight, stress less or even just increase your longevity, there is something for everyone on Wellvolution! Come see what's new!

Our apps and programs can help you achieve your health goals.  
Visit [Wellvolution](#) for more information.

Learn more about Wellvolution and how to register.

[Wellvolution Member Overview \(Youtube\)](#)

Make sure to subscribe to emails from Blue Shield to get the most up-to-date information about Wellvolution and other programs available to you through your health plan!

To manage your Communications Preferences, log in to [blueshieldca.com](#) and go to My Profile.

## Alcohol Awareness Month

April is National Alcohol Awareness Month. We are dedicating time to educate and share resources to help people understand the impacts of alcohol abuse and substance use disorder.

### What is substance use disorder?

Substance use disorder is the term when a person uses substances (typically alcohol or drugs) even though it harms themselves or others. Substance use disorders can range from mild to severe.

### Blue Shield offers resources to support you.

- Self-guided help from [CredibleMind](#) offers topics like [Alcohol Use](#) or take a quick assessment like "[Is Your Substance Use Harmful?](#)" to help you better understand alcohol misuse
- [Learn more](#) about what the symptoms are, how to get treatment, or offer support

For more information, visit Blue Shield's [Mental Health and Substance Use Resources](#) page.

## Prioritize Your Mind

May is Mental Health Awareness Month, and it is the perfect time to check in on ourselves, share resources, and break the stigma surrounding mental health.

Here are some ways Blue Shield can help support you and your loved ones:

- Find a provider through our [Find A Doctor](#) search
- Access self-guided resources like [CredibleMind](#) and [Wellvolution](#)'s digital programs
- [Learn more](#) about your plan's covered behavioral health benefits

## Headspace Live Events

Taking care of your mental health is always important. We have many resources to help you manage stress and improve your mental health.

**Join Headspace each month for a live 30-minute meditation and Q&A to help clear your mind and nurture mindfulness.**



**Thursday, April 3 @ 9am PT / 12pm ET**

**Mindful Money**

Make money decisions with clarity and confidence.

[Register Now](#)



**Wednesday, May 21 @ 9am PT / 12pm ET**

**World Meditation Day**

Pause, breathe, and celebrate with others around the world.

[Register Now](#)

**Join Headspace for quarterly workshops offering expert-back support on mental health topics.**



**Thursday, May 15**

**Navigating Burnout with Boundaries and Self-Care**

Prevent and overcome burnout by knowing your limits and committing to self-care.

[Session 1](#): 9am PT / 12pm ET

[Session 2](#): 5pm PT / 8pm ET

**You can check out the full 2025 live events calendar [here](#)!**

## Drop medications, weight and chronic conditions with Betr

**LIVE every Tuesday night!** If you've tried everything to get your health and weight back and nothing seems to work, it's time to try Betr. Discover the real root cause of our struggle with healthy living. Hear directly from other members who are reversing diabetes, dropping medications, regaining energy, reducing pain and losing 3-5 pounds per week.

Join Betr Founder and CEO, Dr. Ferro, in a lively exchange of learning, stories, and more. You'll have the opportunity to ask questions during the Q&A session.

**Every Tuesday Night**  
6pm PT / 9pm ET

[Register here](#)

Blue Shield of California provides access to Betr to eligible members at no additional cost through Wellvolution. See if Betr is a good fit for you at [wellvolution.com/betrhealth](#).