

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 <u>Wellvolution</u> 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 <u>blueshieldca.com</u> and go to My Profile.



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.

## Self-guided help from <u>CredibleMind</u> offers topics like <u>Alcohol Use</u> or take a quick assessment like "<u>Is Your Substance Use Harmful?</u>" to help you better understand alcohol misuse

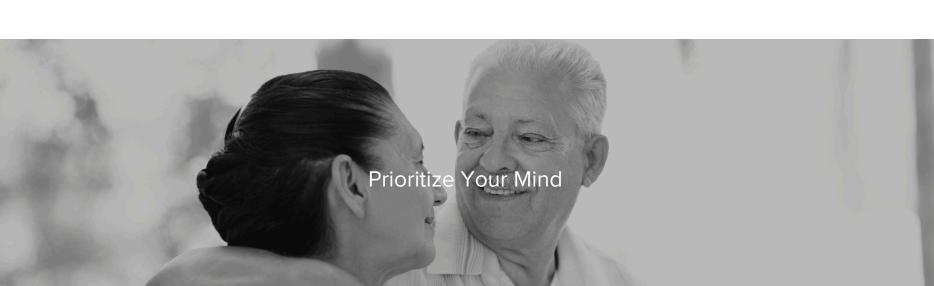
like "<u>Is Your Substance Use Harmful?</u>" to help you better understand alcohol misuse

• <u>Learn more</u> about what the symptoms are, how to get treatment, or offer support

Blue Shield offers resources to support you.

For more information, visit Blue Shield's <u>Mental Health and Substance Use Resources</u> page.

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resources, and break the stigma surrounding mental health.

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

May is Mental Health Awareness Month, and it is the perfect time to check in on ourselves, share

Find a provider through our <u>Find A Doctor</u> search

- Access self-guided resources like <u>CredibleMind</u> and <u>Wellvolution</u>'s digital programs
- Learn more about your plan's covered behavioral health benefits



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

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

World Meditation Day

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

Register Now

Make money decisions with clarity and confidence.

Register Now

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

Thursday, May 15

committing to self-care.

<u>Session 1</u>: 9am PT / 12pm ET <u>Session 2</u>: 5pm PT / 8pm ET

Navigating Burnout with Boundaries and Self-Care

Prevent and overcome burnout by knowing your limits and

You can check out the full 2025 live events calendar here!

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.

You'll have the opportunity to ask questions during the Q&A session.

Drop medications, weight and chronic conditions with Betr

Join Betr Founder and CEO, Dr. Ferro, in a lively exchange of learning, stories, and more.

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.