

APRIL / MAY 2024

Mindbody
Medicine
in action

Wellvolution is a Blue Shield of California digital health platform that offers a curated collection of lifestyle medicine programs to help you address your mental and physical health needs, at no additional cost.

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

How Wellvolution works: Learn more about Wellvolution and how to register.
[Wellvolution Member Overview](#)
[Wellvolution Member Overview \(45 seconds\)](#)

Meet Sworkit Health

Sworkit Health is one of [Wellvolution](#)'s newest program provider for those who wish to increase strength, flexibility, and mobility. This digital app supports total wellbeing through fitness, meditation, wellness challenges, nutrition, and recovery - all at no additional cost to you. You will find workouts for every goal, guided video workouts, and the ability to customize your workout.

Already enrolled in another Wellvolution program?

You can still join! See if Sworkit Health is right for you by simply logging in to Wellvolution and "Select other programs available to me" and choose "Fitness and Physical Therapy" as your health goal.

April is Alcohol Awareness Month

This April, we are dedicating time to raise awareness and share resources to help people understand 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.

Here are some resources to help support you or your loved ones.

- [CredibleMind](#) offers resources for 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
- [Find a Doctor](#) - use this tool to help find a provider to help you

Health care - for every part of you

May is Mental Health Awareness Month

This month and every month is a great time to help raise awareness for those living with mental illness, promote mental health practices, and share resources.

Blue Shield of California's [Mental Health Resources](#) page hosts a variety of information including:

- [Find A Doctor](#) - find a provider for support with mental health conditions
- [CredibleMind](#) - explore support tools, take assessments, and find resources
- [Wellvolution](#) - access digital apps like Headspace and Headspace Care to help support your mental health
- [More information](#) on your plan's covered behavioral health benefits

Headspace Live Events

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

Roundtable: Supporting Mental Health Awareness

Thursday, May 16

[Session 1: 9am PT / 12pm ET](#)
[Session 2: 5pm PT / 8pm ET](#)

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



April

[Reducing Stress](#)

Thursday, April 4 @ 9am PT / 12pm ET

[Register Now](#)



May

[World Meditation Day](#)

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

[Register Now](#)

Headspace and Headspace Care are available through [Wellvolution](#).

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](#).