

DECEMBER 2025/JANUARY 2026

Health changes can be hard to make alone. Wellvolution®, Blue Shield's digital health platform, offers a curated collection of lifestyle medicine programs to help you address your mental and physical health needs – at no extra cost.

Visit [Wellvolution.com](https://www.wellvolution.com) for more information on the apps and proven programs that can help you reach your health goals.

Did you meet your
2025 health goals?

You're not alone in feeling like 2025 flew by. And if you didn't reach your weight loss goals yet, that's OK too. It's the perfect time to set a new resolution for your health.

Getting started is simple:

- [Take a one-minute health quiz](#)
- If you qualify, you'll get matched with a program that fits your goals
- Earn a Fitbit® to follow your progress*

Aches? Pains?
Wellvolution
has your back

Blue Shield of California now offers you personalized digital therapy and health programs to help you move and feel better. Whether you're having back, joint, or muscle pain or soreness, your plan includes access to programs that can help you at no extra cost through [Wellvolution.com](https://www.wellvolution.com).

See which program is right for you:

SworKit Health

24/7 access to stretching and strength exercises for any fitness level, including personalized workout plans.

Kaia Health

Physical therapist-designed movement plans, offering real-time feedback all through your smartphone or tablet.

Sword

Personal matches with licensed physical therapists to help with your specific need.

Quick links to
Blue Shield
resources

[Find a doctor](#) for support with mental health conditions.

Explore support tools, take assessments, and find more resources at [CredibleMind](https://www.crediblemind.com).

Visit [Wellvolution.com](https://www.wellvolution.com) and see all the programs available to help you on your health journey.

*For members who complete program participation requirements. Requirements vary, check with your program for details. Applies to certain Fitbit® models. Limited to one per person. Solera Health reserves the right to substitute an alternate activity tracker.

Fitbit is a registered trademark of Fitbit LLC and/or its affiliates in the United States and other countries.

Wellvolution is a registered trademark of Blue Shield of California. Wellvolution and all associated digital and in-person health programs, services, and offerings are managed by Solera, Inc. Solera Health, Inc. is independent of Blue Shield of California. These program services are not a covered benefit of Blue Shield health plans and none of the terms or conditions of Blue Shield health plans apply. Blue Shield reserves the right to terminate this program at any time without notice. Any disputes regarding Wellvolution may be subject to Blue Shield's grievance process.

Programs will be available based on your health plan with Blue Shield of California. Some programs may not be available depending on your specific health plan. The Wellvolution program network is subject to change and program availability varies by plan. Program eligibility may apply. Individual results may vary.

Blue Shield of California is an independent member of the Blue Shield Association.

You may receive services from network providers on an in-person basis or via telehealth, if available. Contact your primary care provider, treating specialist, facility, or other health professional to learn whether telehealth is an option. Network telehealth and in-person services are subject to the same timeliness and geographic access standards. If your plan has out-of-network benefits, they are subject to your plan's cost-sharing obligations and balance billing protections.