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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.

Support your 2026 health goals with Wellvolution

Blue Shield of California offers premium health apps and programs at no additional cost. Whether you're looking to sleep better, reduce stress, lose weight, or manage a health condition like heart disease or diabetes, these programs are designed to make it easy and convenient.

- **Do it from home (or anywhere)**
No need to travel – access your program with just a few clicks.
- **Fits your schedule**
Morning or night, you decide when it's time to focus on you.
- **Flexible commitment**
You can dedicate as much (or as little) time as you like.
- **No added cost**
That's right – it's included with your Blue Shield plan.

Find a program through Wellvolution®.

1. Sign up or log in at [Wellvolution.com](https://www.wellvolution.com)
2. Pick a health goal and take a short assessment
3. Get matched with a program that works for you, and you can start right away

Healthy habits: 3 ways to reduce stress and boost your mood

When we think about habits, it's often the bad ones that first come to mind. Too much junk food. Sitting all day. Smoking. On the flip side, however, are healthy habits. Consider these as any type of behavior that benefits your health, including emotional wellness.

How to reduce stress and enhance your emotional wellness

1. Eat well

Did you know what you eat can affect your emotional wellness, too? What's more, diet has an even bigger impact in this area in women than in men. According to a 2018 study, women need greater levels of nutrients to support their emotional well-being.

Let's make it a healthy habit: Making the right dietary choices can impact your health just as much as making the wrong ones.

2. Go alternative

If you've ever experienced chronic pain, chances are you may have considered acupuncture treatment. According to John Hopkins Medicine, emotional conditions such as anxiety and depression may benefit from acupuncture, too.

3. Physical activity

According to a study published by the American Journal of Psychiatry, incorporating just 2.5 hours of physical activity can boost feel-good endorphins and help ward off depression.

Quick links to Blue Shield resources

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.