

DEC 2024 / JAN 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.

Mental Health and the Holidays

Taking care of your mental health is always important, not just during the holidays, which can be an especially stressful time. 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.



December

Prioritizing Rest

Thursday December 5 @ 9am PT / 12pm ET

[Register Now](#)

To learn more and find ways to take care of your mental health, visit [blueshieldca.com/mentalhealth](#). Using these benefits and resources can help you get through the holiday season feeling stronger and happier.

Virgin Pulse Becomes Personify Health



Transform

Following Virgin Pulse's merger with the benefits and analytics platform HealthComp in November 2023, the new entity will operate under the brand name of Personify Health. **Personify Health** (formerly known as Virgin Pulse) is included on Wellvolution as a Diabetes Prevention Program (DPP). All Wellvolution DPP, including Personify Health, are delivered by professional health coaches and adhere to the Centers for Disease Control and Prevention (CDC)-recognized National Diabetes Prevention Program curriculum.

No action is required from Wellvolution members currently enrolled in the Virgin Pulse program and they do not need to download a new app. The existing Virgin Pulse app will be updated with the new Personify Health Transform logo on January 1, 2025.

Fitness Your Way® - January Promotion

Fitness Your Way® is a fitness discount program providing access to a network of gyms and fitness centers. It offers various membership options, including gym packages and a digital-only option.

Fitness Your Way will offer a \$0 enrollment fee during January 2025. Attached to this newsletter is the Fitness Your Way program flyer along with the January promotional code. The flyer is available in both English and Spanish versions.

For more information, visit [bsca.fitnessyourway.tivityhealth.com](#). Refer to the January promotional flyer for additional details and the promo code.

BSC Offers Ornish Lifestyle Medicine UnDo Heart Disease Virtual Program

We are excited to announce that Blue Shield of California now offers the **Ornish Lifestyle Medicine UnDo Heart Disease Virtual Program**. This program, originally in-person only, is now available online from the comfort of your home, making it accessible to more members nationwide.

Ornish Lifestyle Medicine is an intensive cardiac rehabilitation program that is the only one scientifically proven to reverse heart disease through lifestyle changes, without the need for medication or surgery. Research by Dean Ornish, M.D., and colleagues shows that comprehensive lifestyle changes can reverse the progression of many chronic diseases, including heart disease.

Eligible HMO and PPO commercial plan members, as well as Medicare Advantage HMO and PPO plan members, can apply for participation. The program includes nine weeks of online classes and coaching on nutrition and stress reduction, twice a week.

Blue Shield members may visit <https://www.ornish.com/blueshieldca/> to learn about the program and apply for participation. Three meals per day for two weeks sent to your home are provided at no additional cost to make the transition to healthy eating easier.

Wellvolution.com Site Enhancement

There is now an easier way to view the programs available on Wellvolution. Visit [Wellvolution.com/browse-programs](#) to access the Wellvolution program network without logging into your account.

Note: The Wellvolution program network is subject to change, and program availability varies depending on your Blue Shield of California plan. Program eligibility criteria may apply. Log into your Wellvolution account to see the specific programs available to you.

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](#).