

ACHIEVE YOUR HEALTH GOALS

Healthy living can keep you well – inside and out. Here's how to start.



Blue Shield Promise Health Plan can help you reach your health goals

As a Blue Shield of California Promise Health Plan member, you now have access to Wellvolution® digital health programs – at no extra cost. Wellvolution programs can help you make healthy changes to improve your physical and mental well-being.

Four vital steps you can take to stay healthy

✓ Lose weight

Carrying extra pounds can be uncomfortable and risky for your health. Losing even a few pounds can lower blood pressure, cholesterol, and blood sugar.

✓ Manage stress

Whether you're worried about money, relationships, or work (or all three), stress can affect your mental and physical health. Reducing stress is important for your well-being.

✓ Treat type 2 diabetes

Managing type 2 diabetes can be a 24/7 job. Eating a balanced diet is an important part – lots of fruits, veggies, whole grains, lean protein, and healthy fats.

✓ Quit tobacco

All tobacco products, even those marketed as “less harmful”, pose health risks. Quitting tobacco is one of the most important things you can do for your health. It's never too late.

Learn more online

To sign up or learn more, visit wellvolution.com/medi-cal or scan the QR code.



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