

Take charge of your health with Wellvolution and Headspace



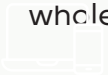
Headspace is available to all Blue Shield of California members eligible for Wellvolution® who are 18 years of age or over.

As the world's most science-backed meditation app, Headspace can help you reduce stress, increase resilience, and get a better night's rest. By dedicating just a few minutes a day you can join 70 million Headspace members worldwide using meditation to improve mental well-being.

The app includes:



1,000+ hours of exercises to help you live your whole day mindfully.



Feel 14% less stressed in just 10 days



Sleepcasts, music, and bedtime audio for restful nights.



Change your health, change your life.
Visit www.wellvolution.com/mentalhealth to get started today.

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.

Blue Shield of California is an independent member of the Blue Shield Association A55601COM-HS_0923