

# Join the Wellvolution

Wellvolution® is the simplest way to work wellness into your day. Wellvolution features easy-to-use online programs that can help you learn about your health and help you improve your well-being. You can also invite your family and friends to join in.



## Wellvolution includes:

### Walkadoo

Walkadoo® is a wellness program for every walk of life. Make a move toward better health by using your smartphone\* to receive your daily step goals and count your steps – or bring your own step tracker.

### QuitNet

Get the help you need to quit smoking with encouragement and support from the largest quit-smoking community in the world. QuitNet® now includes nicotine replacement therapy (NRT) at no additional cost.

### Daily Challenge

With Daily Challenge®, you will receive a daily email that includes suggestions for simple and fun wellness-related tasks that can help improve your well-being.

### Well-Being Assessment

Complete a short questionnaire and receive a confidential, personalized report of your overall well-being including ways you can improve your health.

### Diabetes Prevention Program (DPP)

The Diabetes Prevention Program can help you lose weight, adopt healthier habits and reduce your risk of developing type-2 diabetes. It's available at no cost to members that qualify. Find out more at [solera4me.com/shield](http://solera4me.com/shield).

Sign up at [mywellvolution.com](http://mywellvolution.com) to join the Wellvolution today.

\* The Walkadoo app is available for iPhone 5s and later, and Android version 14 (Ice Cream Sandwich) and later.

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Android is a trademark of Google Inc.

Daily Challenge, QuitNet and Walkadoo are registered trademarks of MYH, Inc.

The Diabetes Prevention Program is provided by Solera Health, an independent company.

Wellvolution is a registered trademark of Blue Shield of California. Blue Shield and the Shield symbol are registered trademarks of the BlueCross BlueShield Association, an association of independent Blue Cross and Blue Shield plans.

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