

# Take charge of your health with Wellvolution from Blue Shield of California

## Introducing headspace®

Blue Shield of California members can now access the full premium version of the Headspace app at no additional cost.



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.

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

### The app includes:



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



Over 500 Guided meditations on topics like stress, self-esteem, and resilience.



Sleepcasts, music, and bedtime audio for restful nights.

Change your health, change your life. Visit [www.wellvolution.com/mentalhealth](http://www.wellvolution.com/mentalhealth) to get started today.