

wellvolution

What is Wellvolution?

WellvolutionSM is a well-being solution for real people like you with real lives like yours. Using the latest online and mobile technologies, Wellvolution is making wellness rewarding, easy, social, and fun and it is designed to help you to create positive lifestyle choices that stick.



How does it work?

Once you receive your Blue Shield member ID card, you are eligible to register on the Wellvolution platform at **mywellvolution.com** from a computer, tablet, or smartphone. The Wellvolution platform is made up of wellness programs that are found on the Well-Being Tracker and includes two fundamental components which are available to all our members: the **Well-Being Assessment** and **Daily Challenge**[®].

Well-Being Assessment

The Well-Being Assessment measures your overall outlook, emotional and physical health, healthy behaviors, work environment, and access to health/life resources. Your responses to the questionnaire create a report with scores in each of these areas that show you how your well-being compares with others' and gives you a clear idea of what areas of your own personal well-being need additional focus.



Daily Challenge

Daily Challenge is a fun, easy, and social wellness program that introduces small daily actions and choices that are designed to improve your well-being. Each day you receive a message with one simple activity or "challenge" to complete and a reason why it will help improve your well-being. You can even invite family and friends to participate with you. And you can easily access your Daily Challenge page from **mywellvolution.com** or download the Daily Challenge app to complete your challenges on the go.



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