

Get on the path to improved well-being with Wellvolution right from your smartphone, tablet or computer.

Start your journey to improved well-being



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 improve your well-being. You can also invite your family and friends to join in.



When you register at mywellvolution.com, look at your Rewards page to learn more about how you can win \$300 starting in October 2016 and again in early 2017!!

Wellvolution includes:

Well-Being Assessment – Take a short quiz and receive a confidential, personalized report of your overall well-being including ways you can improve your health.

Daily Challenge[®] – Receive a daily email that includes suggestions for simple and fun wellness-related tasks that can help improve your well-being.

QuitNet[®] – Get the help you need to quit smoking with encouragement and support from the longest-running online support community in the world.

Walkadoo[™] – A wellness program for every walk of life. Simply wear a wireless device that counts your steps throughout the day, and you'll earn points that count toward real rewards.

**READY,
SET, GO!**

Sign up at mywellvolution.com to join the Wellvolution today.

blue  of california


wellvolution



High Desert & Inland
Employee – Employer Trust

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