

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.



Register at [mywellvolution.com](http://mywellvolution.com) and click on your **Rewards** page to learn more about how you can win \$300. This contest runs from **October 14 through November 11, 2016!!**

### 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](http://mywellvolution.com) to join the Wellvolution today.

blue  of california

  
wellvolution



High Desert & Inland  
Employee – Employer Trust

Daily Challenge, QuitNet and Walkadoo are trademarks of MeYou Health, LLC. MeYou Health is a Healthways, Inc. 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.