





2020 Wellvolution webinars

Get the inside scoop on how to meet health goals

With Wellvolution®, we're empowering our members to make healthier choices. It's a digital platform that provides access to health apps and programs designed to keep members healthy and reverse the risk for chronic disease.

Learn more about specific programs and topics by registering for a free Wellvolution webinar below.

Webinars are open to all Blue Shield of California members age 18 and older. All times are in Pacific time.

JULY	 <p>Boost Immunity – Empower Your Gut Microbiome Hosted by Digbi Health Date: Tuesday, July 14, 12 p.m. to 12:45 p.m. Register here</p>	<ul style="list-style-type: none"> • Learn how your gut microbiome and genes impact your health • Discover effective ways you can boost your immunity • Get help to reverse weight-related illnesses, acid reflux, sleep apnea, chronic pain, diabetes, and more
AUGUST	 <p>Lifestyle as Medicine: 5 Ways to Take Control of Your Health in Uncertain Times Hosted by Yes Health Date: Tuesday, August 18, 1 p.m. to 1:45 p.m. Register here</p>	<ul style="list-style-type: none"> • Learn how food can boost your immunity and mood • Discover creative and fun ways to stay fit • Explore tools to help you manage stress and support your well-being
SEPTEMBER	 <p>How to Build and Maintain Healthy Habits, Even When Your World Is Out of Whack Hosted by Wellstart Date: Tuesday, September 15, 1 p.m. to 1:45 p.m. Register here</p>	<ul style="list-style-type: none"> • Discover why goals can get in our way (and what to focus on instead) • Learn how to create non-negotiable habits • Find out how to use today's challenging times to your own health advantage
OCTOBER	 <p>Food as Medicine Hosted by Virta Health Date: Thursday, October 15, 10 a.m. to 10:45 a.m. Register here</p>	<ul style="list-style-type: none"> • See how different foods affect your body and blood sugar • Learn about nutrition's role in reversing chronic diseases • Find out how a personalized food plan may help you achieve your goals
NOVEMBER	 <p>Simple Tips to Reclaim Control of Your Health Hosted by RestoreHealth Date: Tuesday, November 10, 1 p.m. to 1:45 p.m. Register here</p>	<ul style="list-style-type: none"> • Find out how to improve sleep and reduce your stress levels • Learn how to prioritize time to take care of yourself through better habits • Discover simple tools that put you in the driver's seat of your health
DECEMBER	 <p>'Tis the Season: Festive Food without the Guilt Hosted by Monj Date: Thursday, December 3, 1 p.m. to 1:45 p.m. Register here</p>	<ul style="list-style-type: none"> • Learn how to revamp holiday classics into nutritious powerhouses • Get ideas for reducing holiday stress eating • Discover simple ways to avoid seasonal weight gain

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