

Wellvolution can help you take the next step on your personal journey to improved well-being.

Take your well-being to the next level



Get help improving your well-being with Wellvolution®, right from your smartphone, tablet or computer. Register at www.mywellvolution.com

Wellvolution is the simplest way to work wellness into your day with easy-to-use online programs that can help you learn about your health and improve your well-being.

Wellvolution includes:

- Well-Being Assessment - Receive a confidential, personalized report of your overall well-being and ways to improve your health.
- Daily Challenge® - Improve your overall health through daily wellness-related activities that are simple and fun.
- QuitNet® - Get the help you need to quit smoking with QuitNet, the largest smoking cessation community in the world.
- Walkadoo® - Walkadoo is a pedometer-based program that makes walking fun! Each day, you get a step goal that's been created just for you, based on your walking habits. You can use your own compatible device or download a free app for your smart phone.

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

blue of California

wellvolution