

Wellvolution includes mental health support via Headspace Care



In-the-moment mental health support day and night

Easy access to care - no matter where you are, when you need it, or what you're going through. Headspace Care offers on-demand, confidential mental healthcare through coaching and skill-building activities. Need to chat on the weekend? Or at 3am on a holiday?

Headspace Care provides support when you need it and goes where your smartphone goes.

- **70% of members see an improvement within 12-16 weeks**
- **Real-time behavioral health coaching within seconds**
- **Hundreds of skill-building resources in the Self Care Library**
- **Video therapy & psychiatry sessions within days**

(Available for a co-pay as stated in your health plan coverage. Please contact Blue Shield of California for details.)



For more information go to www.wellvolution.com/mentalhealth.

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