



# Wellvolution



# Wellvolution Next

## Enhanced services and programs

Our initial diabetes-prevention **Wellvolution** program used simple technology tools to help thousands of people reverse or reduce their diabetes symptoms with zero side-effects.

**Wellvolution** is expanding to deliver those kinds of results to every member, for every kind of health goal.

- Personalized, effective, **no-cost** wellness, prevention, and disease reversal programs ready to help every member lead a healthier life.\*
- Results-driven at every stage: for the members, our clients, and the app partners.
- It's all about giving members control of their health and helping them to be successful with guided recommendations.

**ASO groups pay \$0.18 per member per month.  
Blue Shield has offered this to COSB as a pilot program for 2022  
at no cost**



# Categories of Programs and Services

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There are three categories of programs offered within the Wellvolution® platform, and members are matched to the type of program best suited to them, based on their personal health goals.

Providers fall under 3 categories:

- **29 Lifestyle Wellness programs:** general well-being programs designed to help healthy members stay healthy. Many of these programs are available in their market "free" version, with upgrades available at the member's discretion. These programs have all vetted by us and members can trust them to help support their goals of reducing stress, exercising more, nicotine cessation, and getting more sleep. There are no claims associated with these general wellness programs.
- **8 Disease-prevention programs:** intense behavioral counseling programs that use a proven lifestyle medicine methodology to prevent diseases like type 2 diabetes or heart disease. These programs incorporate in-person or digital coaching options, digital tools such as Fitbit, weight scales, heart rate monitors so the participant can share their progress with their health coach and the coach can track their progress. These programs have a monthly or quarterly cost associated with them that is waived for the eligible member and is built into the pay for performance model. Claims are not generated unless the provider achieves health outcomes.
- **8 Condition-reversal programs:** including intense behavioral counseling programs for reversal and treatment of existing chronic conditions. Same as above, conditions include diabetes, high cholesterol, hypertension, obesity and heart disease.