

# Behavioral health for self-funded groups



## Digital programs

### **Wellvolution**

Ginger and Headspace are now available on Wellvolution®, our platform integrating digital healthcare programs vetted by Blue Shield and focused on mental health, diabetes reversal and prevention, and more. [Learn more](#)



## Virtual care and coaching

### **Teladoc Mental Health**

Nationwide virtual (phone or video) coaching for members living anywhere in the U.S. or while traveling. Available daily 7 a.m. to 9 p.m. for one-to-one appointments with a behavioral health provider. [Learn more](#)

### **NurseHelp 24/7<sup>SM</sup>**

Online chat or phone assistance. Nurses can give referrals to providers or county mental health resources, and help members access care. [Learn more](#)

### **LifeReferrals 24/7<sup>SM</sup>**

This confidential EAP-like program connects members with an experienced team of behavioral health coaches. Members also get access to financial & legal coaches, as stressful circumstances arising from divorce, adoption, budgeting, & more can trigger behavioral issues. [Learn more](#)



## In person

### **Inside California**

ASO members have access to over 10,000 providers through the Blue Shield network in California (in person and virtual options).



## Children

### **BlueSky**

We've committed \$10M to a multi-year community program to support middle and high school students in California through mental health programs & online resources. [Learn more](#)



## Maternity

### **Maven**

Maven is an innovative 12-month digital maternity program for members and their partners that includes on-demand access to mental health providers. [Learn more](#)

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