

Oct/Nov 2023

Mindbody
medicine
in action

Wellvolution is a Blue Shield of California health platform that offers a select collection of lifestyle medicine programs to help you address your mental and physical health needs, at no additional cost.

Our library of apps and programs can help you achieve your health goals.
Visit [Wellvolution](#) for more information

How Wellvolution works: Learn more about Wellvolution and how to register.

[Wellvolution Member Overview](#)

[Wellvolution Member Overview \(45 seconds\)](#)

Free Webinar with Virta Health

Join Virta Health's Dr. Brittanie Volk and Dr. Jeff Stanley in a discussion on how nutrition helps patients reverse diabetes, reduce their need for medications, and lose weight. You'll have the opportunity to ask questions during the live Q&A session!

Food as Medicine – Nutrition's Role in Reversing Type 2 Diabetes & Chronic Disease

November 1, 2023
10am PST/ 1PM EST

[Register here](#)

Blue Shield of California provides access to Virta's type 2 diabetes treatment to eligible members at no additional cost. See if Virta is a good fit for you at [Wellvolution.com/Virta](#) or [Virta \(for BSC PPO members\)](#)

Ease Your Mind with Free Workshops from Headspace and Ginger

World Mental Health Day Live Meditation

In honor of World Mental Health Day, we're inviting you to love your mind by taking time for yourself. Headspace and Ginger are hosting a live meditation so you can find some space to breathe. Each one of us deserves access to the tools and resources that support better mental health for all. So prioritize your well-being. Put out the 'Do Not Disturb' sign and treat your mind to a soothing meditation.

October 10, 2023 [9am PST](#)

The Power of Presence: Be in the moment and cultivate gratitude

Ever felt like you're running on autopilot, or moving through your days feeling distracted and ungrounded? Life can come at us fast, especially toward the end of the year. The idea of being more present can sometimes seem like a pipe dream, but that's what this workshop is designed to do — learn to cultivate a presence of mind that allows you to show up more, approach life differently, and access a sense of gratitude.

November 16, 2023 [9am PST](#) and [5pm PST](#)

Headspace and Ginger are offered through Wellvolution.
Visit <https://wellvolution.com/mentalhealth> for more information.

Achieve More: Support Your Mental Health

Access some free resources from CredibleMind to help improve your mental health and emotional well-being.

Resilience: What is grit? Grit is the ability to keep going despite failure, adversity, or setback. Looking to develop and/or grow your grit?

Time Management: Time management is often the key to achieving work-life balance, preventing burnout, and feeling a sense of accomplishment.

CredibleMind is your mental health navigator and digital library providing a wealth of self-service tools links to BSC resources and benefits. The CredibleMind portal is available to Blue Shield of California members at [Blue Shield of California | CredibleMind](#).

Achieve More: Support Your Mental Health

Get fit for fall! Blue Shield of California offers Fitness Your Way by Tivity Health, a program that will give you access to thousands of fitness locations all with one membership. Join now at <https://bsca.fitnessyourway.tivityhealth.com> and use code **BSCOCTOBERPROMO** and get your enrollment fee waived when you enroll during the month of October.

Terms and conditions apply.

Digital Cook Alongs with MonjWell

Join us at MonjWell and learn some healthy and delicious recipes with Culinary Director and Chopped Champion Chef Eliza Martin! Register to attend their October Cook Alongs (hosted on Zoom). These events are open to all members, just sign up and MonjWell will send an e-mail with everything you need to whip up their tasty creations.

For more information click here: <https://live.monj.com>

OCT Rooting for Roots
Tuesday October 10 @ 5pm PT
[Register Now](#)

MonjWell is one of Wellvolution's clinical programs to help members manage and reverse diabetes and obesity through food plans and coaching.

Wellvolution is available to Blue Shield members 18 years old and older. Wellvolution is a value-added benefit and is a buy-up for ASO clients.

For more information about all Wellvolution resources, visit www.wellvolution.com. Headspace and Ginger are registered trademarks. Ginger is a licensed medical provider in the United States. CredibleMind is independent of Blue Shield of California and is contracted by Blue Shield to deliver this service. Tivity Health is a registered trademark of Tivity Health Services, LLC which is a registered trademark of Tivity Health, Inc. Monj is a registered trademark of Monj, Inc. Wellvolution is a trademark of Blue Shield of California. Wellvolution and all associated digital and in-person health programs, services and offerings are managed by Solera, Inc., a health company committed to changing lives by guiding people to better health in their communities. Blue Shield of California is an independent member of the Blue Shield association.