

DEC 2022 / JAN 2023

Mindbody
medicine
in action

Wellvolution is a Blue Shield of California health platform that offers a select collection of lifestyle medicine programs proven to help members address their mental and physical health needs, at no additional cost. Wellvolution has a matching quiz to help members identify areas to work on and find a program that meets their unique health goals and needs. Customer service is built into the platform via instant chat, telephone, and e-mail. To see what programs are available go to www.wellvolution.com and scroll down to see programs.

Reversing type 2 diabetes with Virta: Robert's story



Robert shares his personal journey with type 2 diabetes and how he used Wellvolution to reverse his condition. Robert explains that when his PCP first told him he had Type 2 diabetes, he thought, "this can't happen to me." He asked his doctor, "what other options do I have besides medication?" When his doctor couldn't offer another resource he turned to [Wellvolution](http://www.wellvolution.com) to explore programs.

Robert was ready to take his health into his own hands and committed to the [Virta](http://www.wellvolution.com) program designed to reverse type 2 diabetes. Watch Robert's story and see how he made the decision to better his health.

Note: You must have a BMI of 25 or more and type 2 diabetes diagnosis to be eligible to enroll in Virta.

Learn to Meditate with Headspace

Meditation is something anyone can do, anytime, anywhere! It's simple to learn and [research](https://www.headspace.com/research) shows that learning meditation through Headspace can reduce stress in 10 days. [Headspace](https://www.headspace.com) is available through Wellvolution at no cost.

Stressed? Try a [1 minute Mini Meditation](https://www.headspace.com/1-minute-mini-meditation) for a quick introduction to Headspace.

Cook Along Events

MonjWell is one of Wellvolution's clinical programs to help members manage and reverse diabetes and obesity through food plans and coaching. MonjWell offers free cooking events with Culinary Director and Chopped Champion Chef Eliza Martin.

Register to attend their **December** 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>



December

Meatball Madness

Comforting Classics

Tuesday, December 15 @5pm PT

[Register Now](#)



January

Batch Cooking Basics

Lebanese Grain Bowl

Tuesday, January 17 @5pm PT

[Register Now](#)

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.

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