

AUGUST/SEPTEMBER 2025



Health changes can be hard to make alone. Wellvolution®, Blue Shield’s digital health platform, offers a curated collection of lifestyle medicine programs to help you address your mental and physical health needs – at no extra cost.

Visit [Wellvolution](#) for more information on the apps and proven programs that can help you reach your health goals.



Fall has its charm

Summer is known for sun and fun, but the fall season carries its own brand of charm with cooler temperatures that are great for outdoor activities, trees shedding their colorful leaves, and thoughts stirring about the holiday season just around the corner.

Wellvolution, Blue Shield’s online hub of virtual health programs, makes it easy to take small steps that can lead to big changes in your health no matter the time of year.

Take the first step toward becoming more mindful, improving your mental health, or decreasing your stress levels. Or find a weight loss program for you, access digital physical therapy, and much more.

Learn more at [Wellvolution.com](#) to seize your summer.



Farming your own food

With food prices skyrocketing, produce has become significantly more expensive, making it challenging for many households to maintain healthy diets. However, with a small investment in seeds and soil, you can grow an abundance of food for a fraction of the price of store-bought goods — even in small backyards, patios, and balconies.

“It’s a ripe time to talk about growing our own food,” said Blue Shield of California Senior Director of Lifestyle Medicine Angie Kalousek Ebrahimi. “It doesn’t have to be a giant project. All you need is a small patch of dirt or a space for containers, and you can have nutrient-dense, organic produce all year long.”

“There’s nothing more satisfying than going outside and picking some vegetables and herbs for dinner,” said Kalousek Ebrahimi. “To me they taste better — and better yet, they don’t lose nutrients like when they’re picked at a farm miles away, packaged, and trucked to a grocery store shelf near you.” Though most people think of gardening as a spring and summer activity, Kalousek Ebrahimi stresses that you can grow all year long:

- **Start in spring/summer:** Tomatoes, zucchini, peppers, cucumbers, green beans, strawberries, and figs thrive.
- **Grow in fall/winter:** Kale, spinach, carrots, and garlic keep growing in cooler temps.
- **Try indoor gardening:** Herbs, microgreens, and even dwarf fruit trees can be grown indoors year-round.
- **Ask your local nursery:** Find out which foods grow best in your microclimate and when to plant them.
- **Growing your own food has mental health benefits, too:** Studies show that being outside, touching the microbes in soil, and getting vitamin D from the sun can lift your mood and create a sense of well-being. “So many of us work at desks behind screens all day,” said Kalousek Ebrahimi. “But just like a tomato plant needs sun, we’re all tomatoes that need sunshine to flourish.”

Headspace live events

So many factors play a role in our mental health. Headspace® is a popular program on Wellvolution offering live and recorded events for mental health.

Thursday, August 15

Conflict to Connection: Tools for Better Communication

Prevent and overcome burnout by knowing your limits and committing to self-care.

Session 1: 9am PT / 12pm ET

Session 2: 5pm PT / 8pm ET

Live meditations is a collection of recorded meditations on loving kindness, addressing anxiety, taking care of yourself, and more.

Quick links to Blue Shield resources



[Find a doctor](#) for support with mental health conditions.

Explore support tools, take assessments, and find more resources at [CredibleMind](#).

Visit [Wellvolution.com](#) and see all the programs available to help you on your health journey.