



## **Mibhali Bhalala, MD**

Board-Certified Obstetrician and Gynaecologist

Lifestyle Medicine Physician

Kaiser Permanente | American College of Obstetricians and Gynecologists (ACOG)

Dr. Mibhali Bhalala is a board-certified Obstetrician and Gynaecologist and Lifestyle Medicine physician with more than 25 years of clinical experience at Kaiser Permanente in Northern California. Her work combines women’s healthcare, preventive medicine, and physician wellbeing, with a strong focus on building sustainable and supportive healthcare environments.

Through her involvement with the American College of Obstetricians and Gynecologists (ACOG), Dr. Bhalala is a passionate advocate for physician wellbeing and the transformative role of peer support in improving patient safety, professional fulfilment, and career longevity. She is actively engaged in initiatives aimed at supporting healthcare professionals through connection, compassion, and community-based approaches to wellbeing.

Dr. Bhalala is committed to changing the culture of medicine by promoting healthier, more sustainable ways of working for clinicians. Her work emphasises the importance of psychological safety, resilience, and supportive professional networks in helping physicians thrive personally and professionally.

She believes that when healthcare professionals are supported and empowered, patient care and healthcare systems are strengthened as a whole. Through clinical practice, education, and advocacy, she continues to contribute to the advancement of physician wellness and a more human-centred culture in medicine.

