

# Blue Cross Virtual Well-Being<sup>SM</sup>

*Live well-being webinars and meditations*



Blue Cross  
Blue Shield  
Blue Care Network  
of Michigan

Confidence comes with every card.®



## Let Blue Cross Virtual Well-Being guide your personal well-being journey

Blue Cross Virtual Well-Being offers informative webinars on well-being topics such as mindfulness, resiliency, social connectedness, emotional health, financial wellness, physical health, gratitude and meditation.

Virtual Well-Being:

- Features short, high-energy, live webinars every Thursday at 12 p.m. Eastern time
- Focuses on a different topic each week
- Offers informational materials you can download to save or share
- Includes weekly check-ins and healthy tips for the Drop 5 Virtual Weight-loss Community as part of the Thursday sessions
- Offers weekly guided meditations on Wednesdays at noon Eastern time

Conveniently watch Virtual Well-Being webinars on your computer, tablet or mobile phone.

Learn more, register or watch past webinars at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).

**REGISTER  
NOW**