

Blue Cross® VIRTUAL WELL-BEING

Instructions: *Copy and paste the text below into an email you can send to your employees to encourage them to register for the next Virtual Well-Being webinar.*

The new Blue Cross® Virtual Well-Being program from Blue Cross® Blue Shield® of Michigan and Blue Care Network offers short, live, weekly webinars to help support members on their journey to well-being. These webinars are a great way to help you prioritize your well-being, and provide downloadable content you can save and share with family and friends. I encourage you to register for the next live member webinar:

An Attitude of Gratitude

February 21, 2019

12 p.m. Eastern time

How can practicing gratitude help you be happier? Blue Cross® Virtual Well-Being coordinator Matt Wozny shows you the multiple benefits of gratitude, including greater optimism, increased self-esteem and a stronger immune system. He'll also talk about how being grateful and friendly can have a positive effect on your social network.

[Register now.](#)

You can register for additional webinars, watch past webinars and download materials at bluecrossvirtualwellbeing.com.