Blue Cross Virtual Well-Being

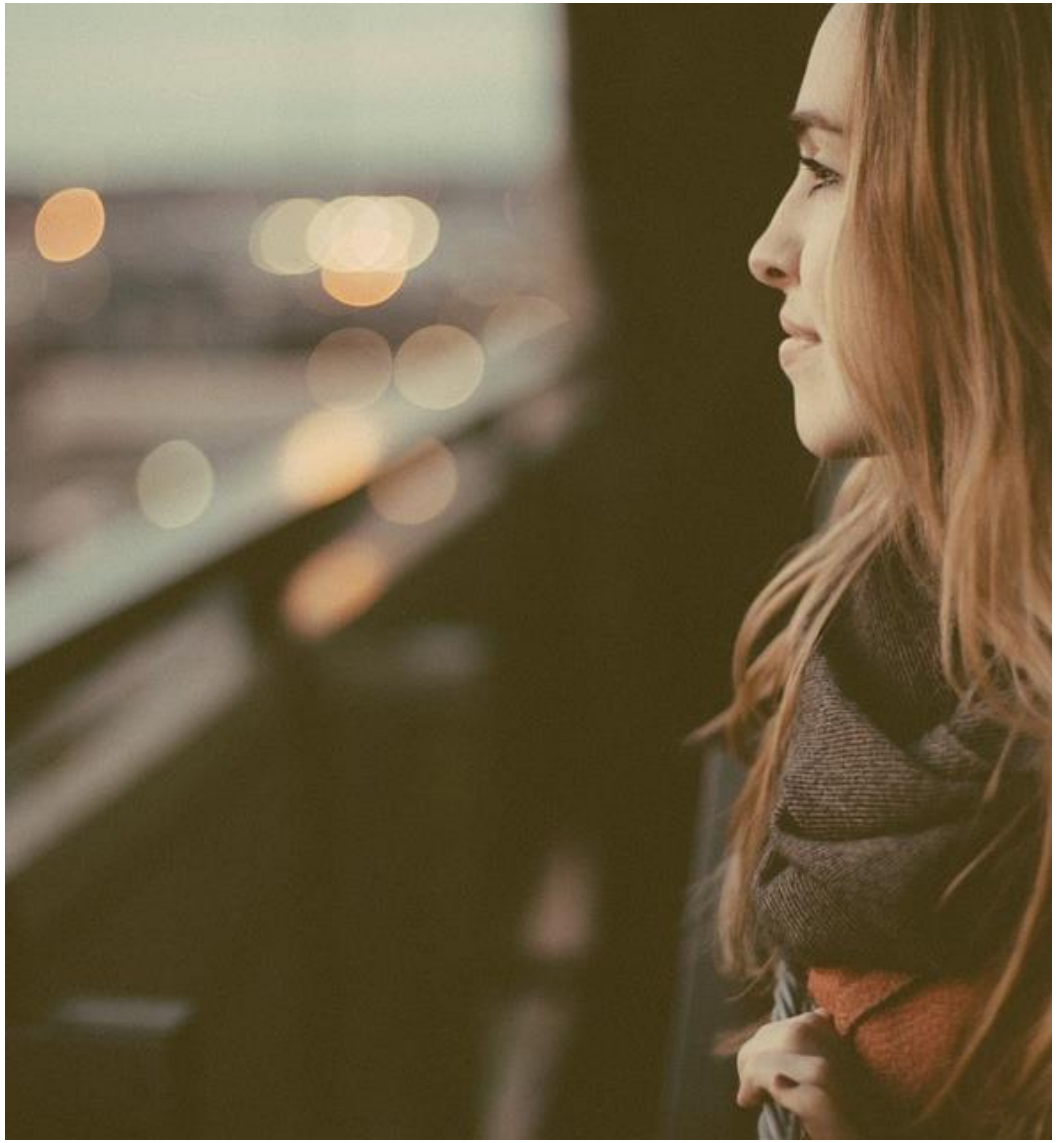
Presented by: Matthew Wozny, M.P.H., C.S.C.S.

Blue Cross Blue Shield Blue Care Network of Michigan

Wellness is the compete integration of body, mind and spirit — the realization that everything we do, think, feel and believe has an effect on our state of well-being.

— Greg Anderson

The webinar will begin shortly.



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Well-being cannot exist just in your own head. Well-being is a combination of feeling good as well as actually having meaning, good relationships and accomplishment.

— Martin Seligman

The webinar will begin shortly.

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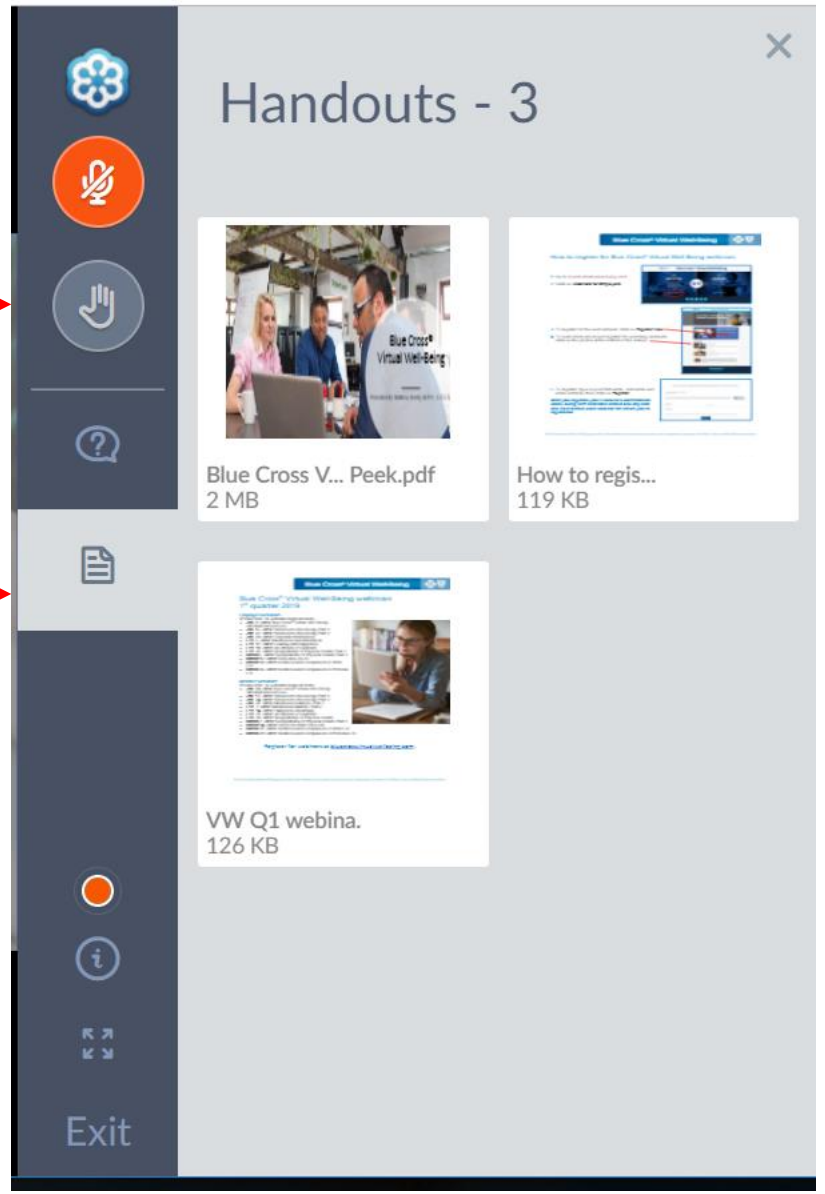
The webinar will begin momentarily.
Please stand by.

- If you have a question or want to respond to the presenter, click the raised hand icon.
- Download your slide handouts from the GoToWebinar panel.

If you have technical difficulties or questions, call GoToWebinar at 1-888-646-0014.



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Welcome to: Wellness to Well-being, Part 2

The session will begin at 12 p.m.

This is an interactive session.

Minimize distractions.

There will be a Q&A at the end of the session.

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Blue Cross Blue Shield Blue Care Network of Michigan

Science and mindfulness complement each other in helping people to eat well and maintain their health and well-being.

— Nhat Hanah

The webinar will begin shortly.

For me, fitness is not just about hitting the gym; it is also about an inner happiness and an overall well-being.

— Rakul Preet Singh

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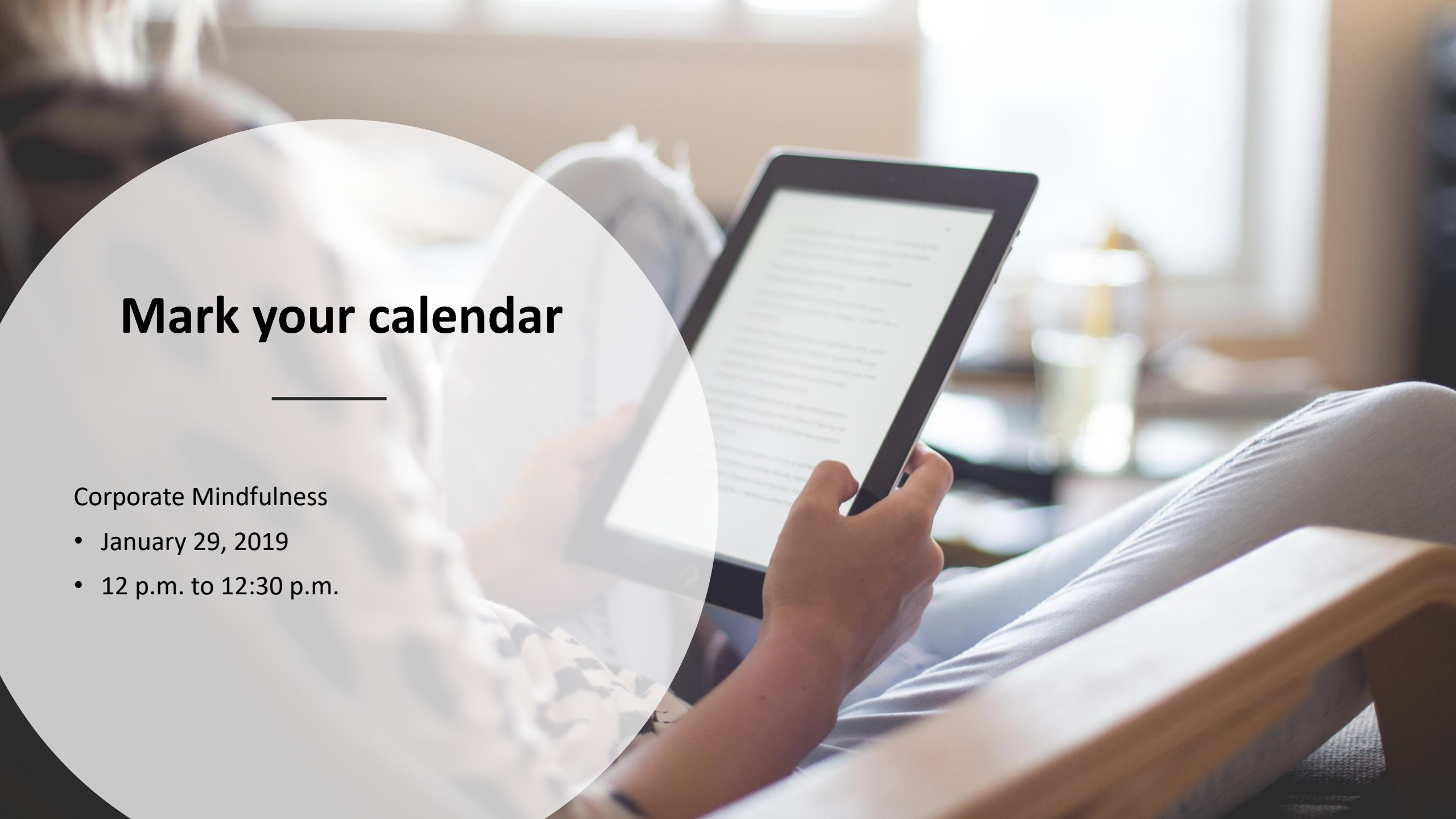

Mark your calendar

Corporate Mindfulness

- January 29, 2019
- 12 p.m. to 12:30 p.m.

Today's presenter

Matthew Wozny, M.P.H., C.S.C.S.

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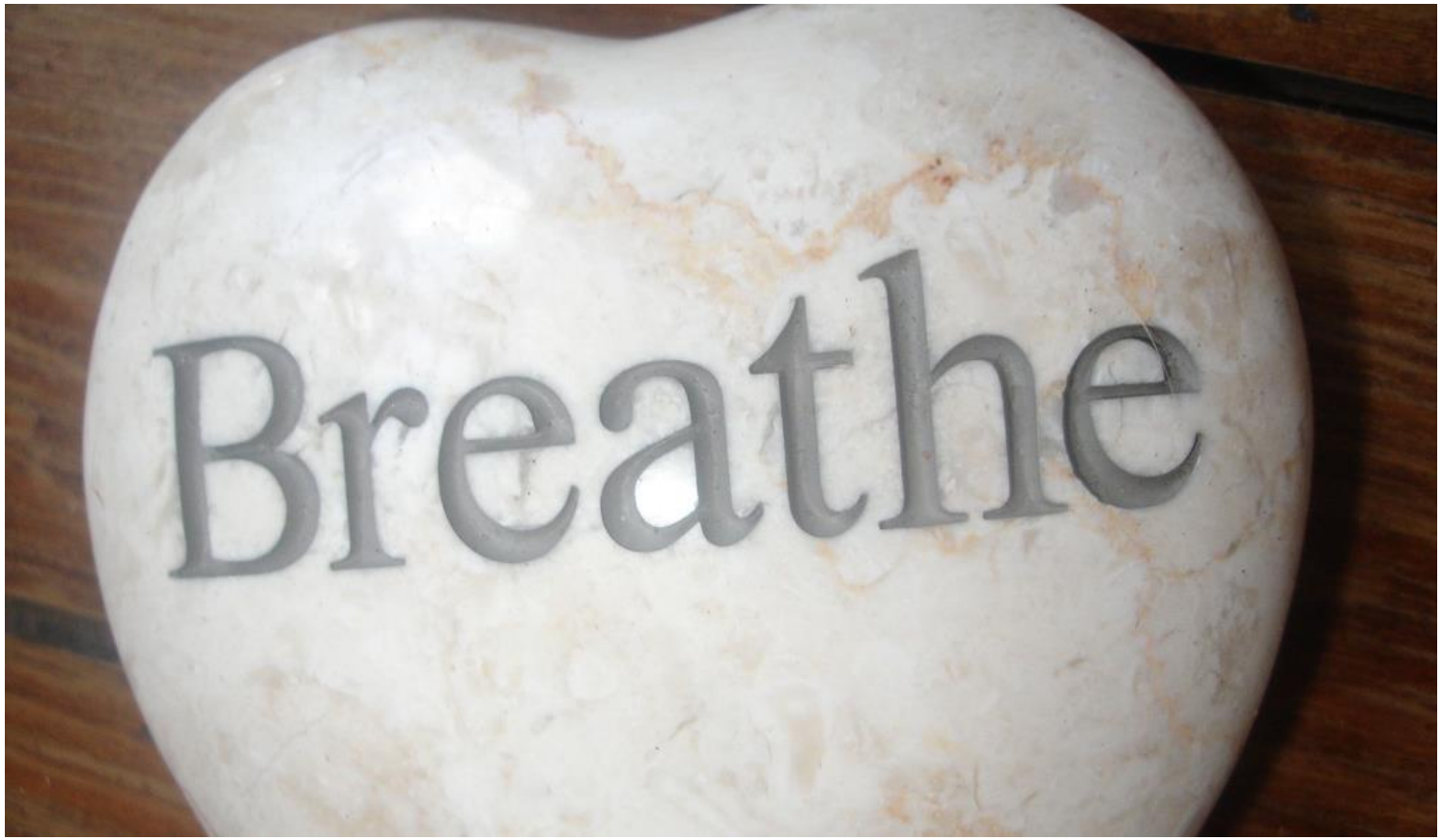

Well-being quick tip: Take time to re-center

1. Pause and breathe.
2. Focus on taking a single, full breath.
3. Focus only on that breath, redirecting your mind back to it as needed.

When you pause and breathe, you're purposefully concentrating on a single task, which helps your mind focus and make better decisions.

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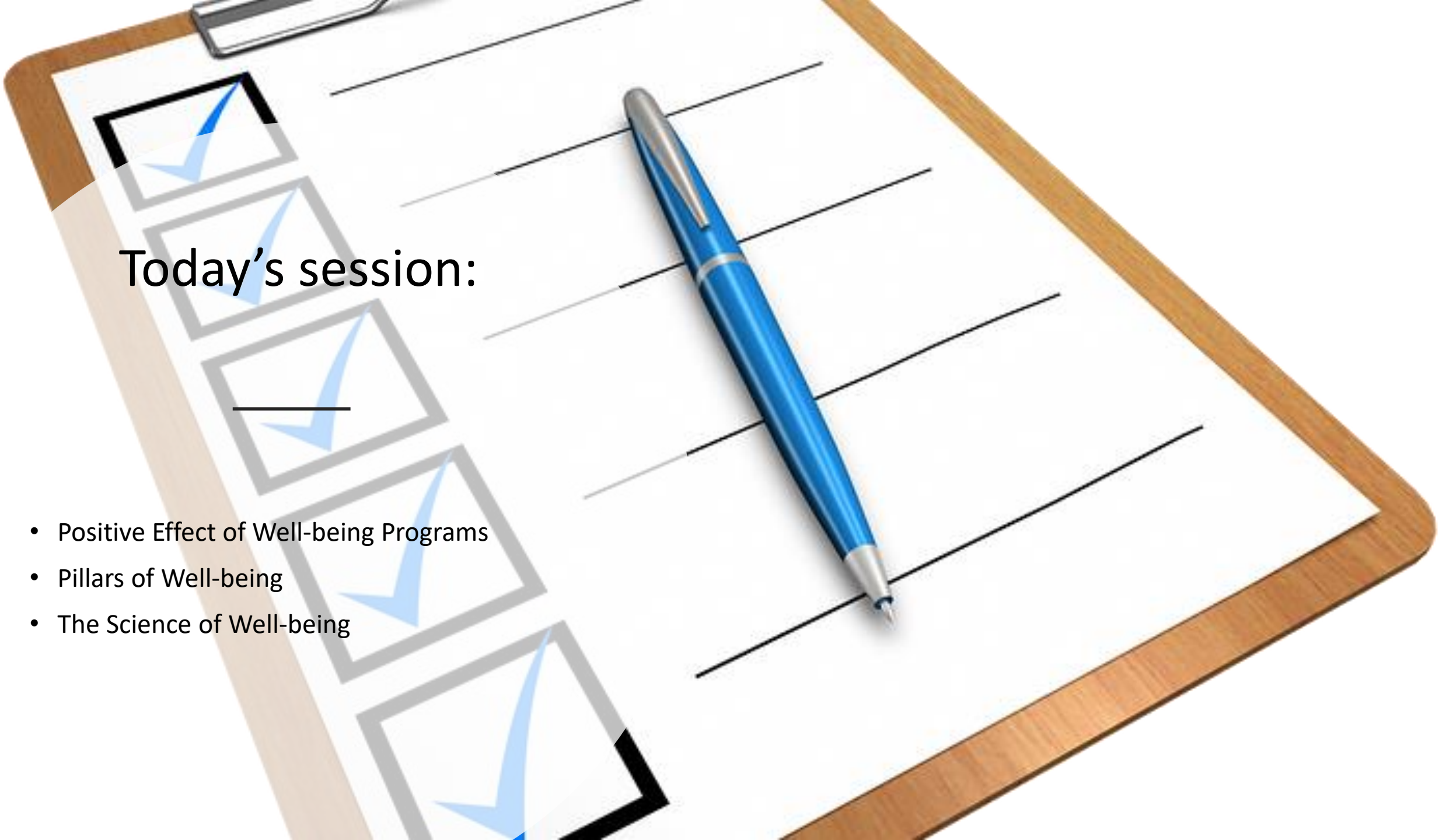

Today's session:

- Positive Effect of Well-being Programs
- Pillars of Well-being
- The Science of Well-being

Positive effects of well-being programs

- The individual worker
- The company

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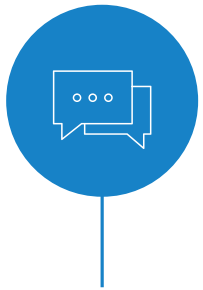
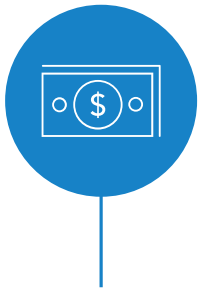
Pillars of well-being

CAREER



SOCIAL



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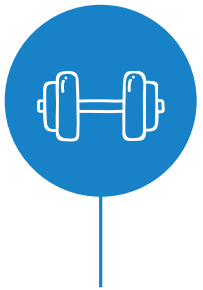

PHYSICAL

COMMUNITY

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The science behind well-being

- Mindfulness
- Kindness
- Social connection
- Happiness
- Resilience

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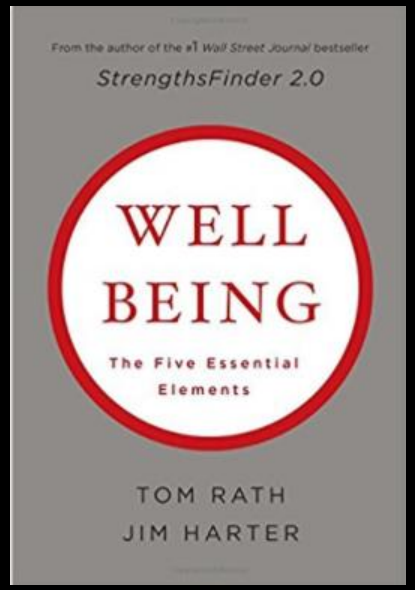

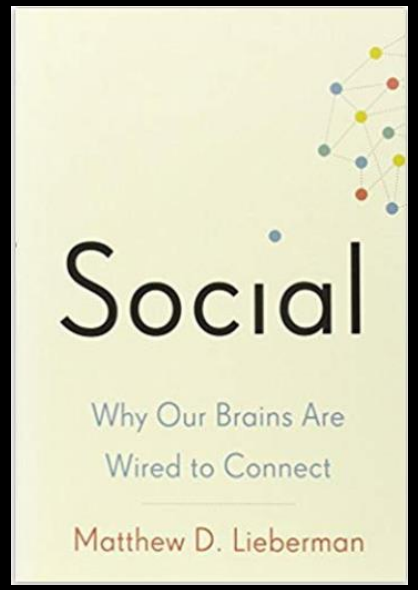

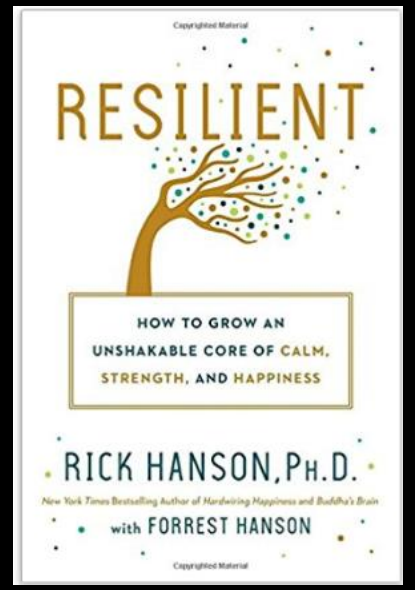

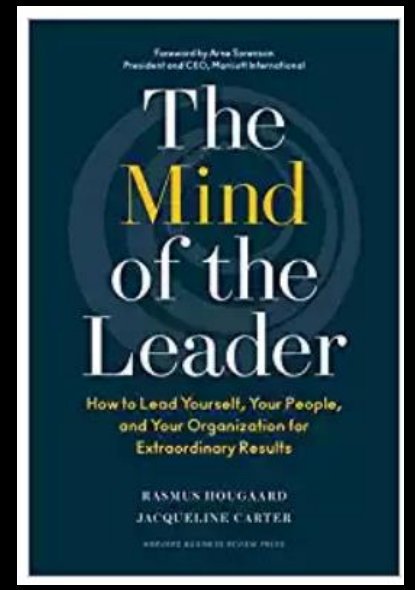

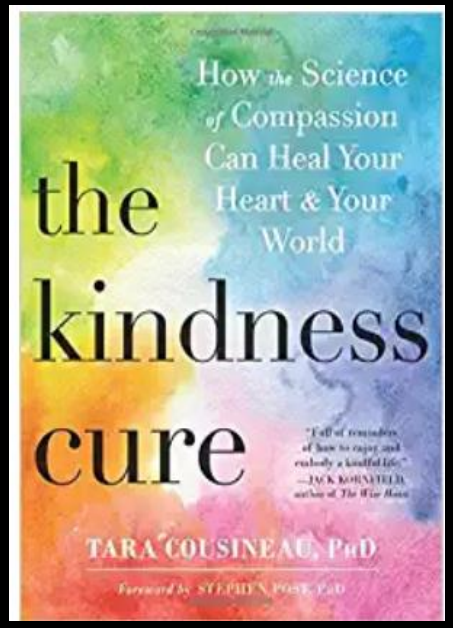

For more information …

- Virtual Well-Being site: bluecrossvirtualwellbeing.com
- Virtual Well-Being email: BlueCrossVirtualWell-Being@bcbsm.com

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Next session: Corporate Mindfulness

January 29, 2019

12 to 12:20 p.m.

In this session learn about:

- Mindfulness
- Reprograming our minds
- Advantages of mindfulness
- Characteristics of mindfulness

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Questions?

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