



Introducing Blue Cross® Virtual Well-Being

- Virtual Well-Being is an innovative new program featuring live weekly webinars to help guide you on your journey to improved well-being.
- Virtual Well-Being coordinator Matt Wozny hosts the live weekly webinars.
- Webinars and downloadable content topics include financial wellness, meditation, physical health, social connectedness, emotional health and happiness.
- Webinars and content are archived on the Virtual Well-Being landing page at bluecrossvirtualwellbeing.com.
- Inquiries can be send to BlueCrossVirtualWell-Being@bcbsm.com.



How to register for Virtual Well-Being webinars:

1. Go to bluecrossvirtualwellbeing.com and click on *Webinars for Members*.
2. Click on *Register Now* to register for the next webinar, or click on the upcoming webinars at the bottom of the page to register for those.

How to stay engaged with Virtual Well-Being:

1. Review the upcoming webinars at bluecrossvirtualwellbeing.com and register for topics of interest.
2. Download materials related to each week's webinar at bluecrossvirtualwellbeing.com to implement and share with family and friends.
3. Submit questions, requests and suggestions to BlueCrossVirtualWell-Being@bcbsm.com.