The Importance of Being Connected
Presented by Matt Wozny, M.P.H., C.S.C.S.

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

— Martin Seligman
The people you work with are just, when you get down to it, your very best friends.

— Michael Scott, *The Office*
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.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.
Welcome to: The Importance of Being Connected

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.
A friend is a gift you give yourself
— Robert Lewis Stevenson
The biggest ingredient in a best friend is someone whose actions you respect and who you can truly be yourself around.

— Renee Olstead

The webinar will begin shortly.
The Importance of Being Connected
Presented by Matt Wozny, M.P.H., C.S.C.S.

Member session
Mark your calendar

Ways to Manage Debt
- April 25, 2019
- 12 to 12:20 p.m.
Join us for our next weekly meditation session on your computer or mobile device:

Topic: Friendship Meditation
Wednesday, April 24, 2019
8 to 8:10 a.m. Eastern time

Register today.
Today’s presenter

Matthew Wozny, M.P.H., C.S.C.S.
Well-being activity

What are the benefits of social health?
Today’s session:

- Definition of social well-being
- Enhanced social well-being
- Risks of not being socially connected
- Ideas to increase social well-being
Having strong relationships and love in your life
Enhanced social well-being

• Helps you live longer

• Helps you enjoy better physical health

• Helps you enjoy better mental health

• Helps lower your risk of dementia
Risks of not being socially connected
Ideas to increase social well-being

• Use Skype or Facetime to catch up with family and friends from a distance.
• Walk through your neighborhood and make a point of stopping to say hello to people you meet.
• Sign up for a class at your local community education or parks and recreation center.
• Sing in a choir or play music in a group.
• Volunteer at your favorite charity organization.
• Participate in a neighborhood or community group.
• Exercise with a friend by walking, swimming or going to the gym together
• Virtual Well-Being site: bluecrossvirtualwellbeing.com
• Virtual Well-Being email: BlueCrossVirtualWell-Being@bcbsm.com
Next session:
Ways to Manage Debt

April 25, 2019
12 to 12:20 p.m.

In this session learn:
• The impact of too much debt
• Tools for attacking debt
• Factors that affect credit scores