

# 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 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:

## **Pay Yourself First**

June 6, 2019

12 p.m. Eastern time

A convenient way to set aside savings or reduce debt is to develop the habit of paying yourself first. The easiest way to do this is through payroll deduction. Many employers will allow you to devote either a fixed dollar amount or percentage of your net pay to a separate savings-type account. Having these funds devoted to a separate account ensures that a portion of every paycheck stays separate from your primary payroll deposit account. Blue Cross Blue Shield of Michigan's Jeff Rubleski, a Certified Financial Planner™, will teach you about the importance of paying yourself first and share insight about how you can put this strategy into motion to build savings that can be used for short- or long-term goals.

[Register now.](#)

## **Blue Cross now offers a weekly meditation session, too:**

Topic: Visualization Meditation

Wednesday, June 12, 2019

8 to 8:15 a.m. Eastern time

[Register now.](#)

Register for additional webinars, watch past webinars and download materials at [bluecrossvirtualwellbeing.com](http://bluecrossvirtualwellbeing.com).

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