

# Blue Cross® VIRTUAL WELL-BEING

## Webinar schedule for second quarter 2019

### Employer webinars

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**April 2, 2019:**

The Importance of Financial Wellness at the Workplace

**April 9, 2019:**

The Blue Cross® Health & Wellness Platform: Health Assessment, Digital Health Assistant and My Pregnancy Assistant

**April 16, 2019:**

Social Well-Being: Does Having Friends at Work Matter?

**April 23, 2019:**

Employee Debt and its Impact on Well-Being

**April 30, 2019:**

Social Well-Being: How to Connect in the Office

**May 7, 2019:**

The Blue Cross® Health & Wellness Platform: Personal Health Record, Mobile Apps, Health Trackers, and Device and App Connection Center

**May 14, 2019:**

What is a Culture of Well-being?

**May 21, 2019:**

Creating a Culture of Well-Being

**May 28, 2019:**

Help Prevent Employees from Living Paycheck to Paycheck

**June 4, 2019:**

Tips to Help Your Employees Save for Short- and Long-Term Goals

**June 11, 2019:**

Supporting Employees with Personal Challenges, Part 1

**June 18, 2019:**

Supporting Employees with Personal Challenges, Part 2

**June 25, 2019:**

Community Well-Being: Encouraging Your Employees to Volunteer

## Member webinars

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**April 4, 2019:**

How to Build an Emergency Fund

**April 11, 2019:**

The Blue Cross® Health & Wellness Website – Health Assessment, Digital Health Assistant and My Pregnancy Assistant

**April 18, 2019:**

The Importance of Being Connected

**April 25, 2019:**

Ways to Manage Debt

**May 2, 2019:**

Connecting with Others Improves Your Health and Life Expectancy

**May 9, 2019:**

The Blue Cross® Health & Wellness Website: Personal Health Record, Mobile Apps, Health Trackers, and Device and App Connection Center

**May 16, 2019:**

Support your Employer's Culture of Well-Being

**May 23, 2019:**

Encouraging your Leadership to Embrace Well-Being

**May 30, 2019:**

Creating a Personal Budget

**June 6, 2019:**

Pay Yourself First

**June 13, 2019:**

Navigating Personal Challenges, Part 1

**June 20, 2019:**

Navigating Personal Challenges, Part 2

**June 27, 2019:**

Connect to Your Community for Physical and Mental Benefits



Confidence comes with every card.®

**All webinars begin at noon Eastern time.  
Register for webinars at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).**