

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:

Keep Active and Safe During Vacations

July 11, 2019

12 p.m. Eastern time

There are many benefits of taking a vacation, such as reducing stress, improving sleep and increased productivity when you return. But, they can also be stressful. Virtual Well-Being Coordinator Matt Wozny will provide tips on how to stay safe and healthy while on vacation, from staying at a fitness-friendly hotel to being adventurous and making healthy nutritional choices.

[Register now.](#)

Blue Cross now offers a weekly meditation session, too:

Topic: Bring Awareness Into Your Life Meditation

Wednesday, July 17, 2019

8 to 8:15 a.m. Eastern time

[Register now.](#)

Register for additional webinars, watch past webinars and download materials at bluecrossvirtualwellbeing.com.

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