

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:

Prepare Your Kids for School

Aug. 15, 2019

12 p.m. Eastern time

Summer vacation is almost over, so it's time to get kids ready for school. Don't wait until the last week of summer to get your child's medical checkups complete, vaccinations shots up to date and sleeping routine down. Virtual Well-Being Coordinator Matt Wozny will discuss the benefits and steps of preparing yourself and your child for school.

[Register now.](#)

Blue Cross now offers a weekly meditation session, too:

Topic: Taking a Breath Meditation

Wednesday, Aug. 21, 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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