

# 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:

## **Digital Detox at Home**

Nov. 7, 2019

12 p.m. Eastern time

The holiday season brings opportunities to socialize with friends and family, but it can also bring many challenges to your health and well-being. Holidays usually revolve around parties, food and stress, which may result in weight gain and decreased overall well-being. Your Virtual Well-Being coordinator will provide you with encouraging tips to stay healthy and active during the holiday season.

[Register now.](#)

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

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