

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:

Improve Your Resilience

Jan. 16, 2020

12 p.m. Eastern time

Learn about the importance of becoming resilient to stress through a variety of different activities. Your Virtual Well-Being coordinator explains resilience and how you can improve it.

[Register now.](#)

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

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.