

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:

Winter Produce

Jan. 30, 2020

12 p.m. Eastern time

Winter months don't have to end your fruit and vegetable consumption. Seasonal produce in your area will vary by growing conditions and weather. Remember, whether your produce is fresh, frozen, canned or dried, it all counts toward your overall health. Your Virtual Well-Being coordinator will highlight which winter produce you should be eating.

[Register now.](#)

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

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