

# Blue Cross® VIRTUAL WELL-BEING

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:

## **Happiness**

March 19, 2020

12 p.m. Eastern time

March 20 is the International Day of Happiness. Your Virtual Well-Being coordinator discusses the importance of happiness, how to improve your happiness and how happiness affects your overall well-being.

[Register now.](#)

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

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