

Blue Cross[®] VIRTUAL WELL-BEING



Blue Cross
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of Michigan

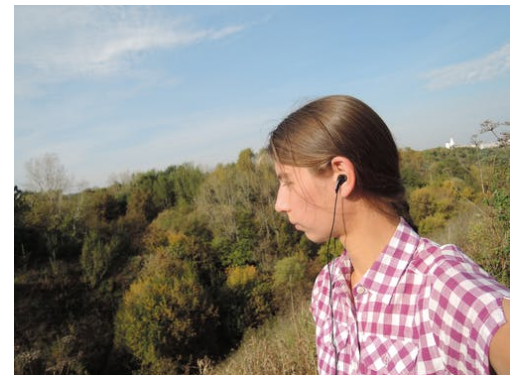
April well-being assignments

Each month, we're going to give you two or three ways to improve your well-being. You can do one or all of them — it's up to you. This month's assignments are:



Start your morning with a gratitude mantra: "I'm awake and I'm grateful!"

Find a new-to-you musician or break out an old favorite and listen to an entire album without checking your phone, tablet, or computer. Bonus if you listen to it outside.



When you get into your car this month, take a five-second breath break.

