

Blue Cross[®] VIRTUAL WELL-BEING



Blue Cross
Blue Shield
Blue Care Network
of Michigan

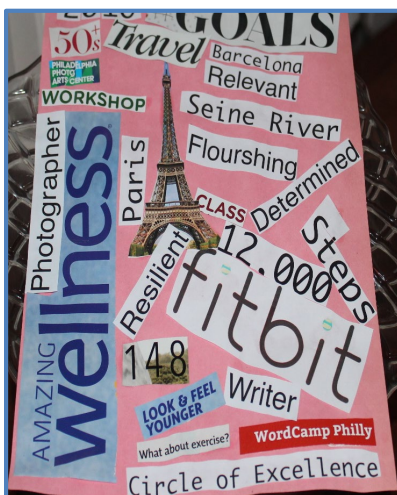
July well-being assignments

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:



Try one new fruit or vegetable each week this month.

Take a walk with a friend or family member.



Create a vision board.