

# Blue Cross<sup>®</sup> VIRTUAL WELL-BEING



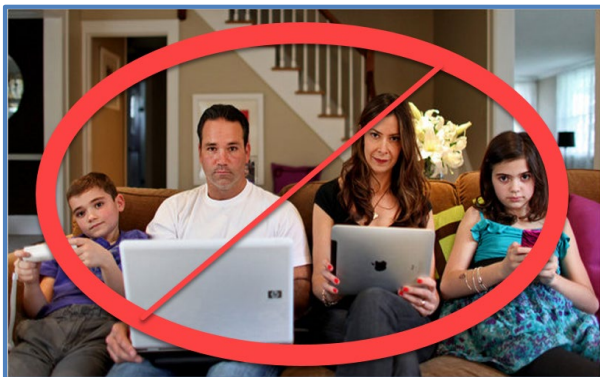
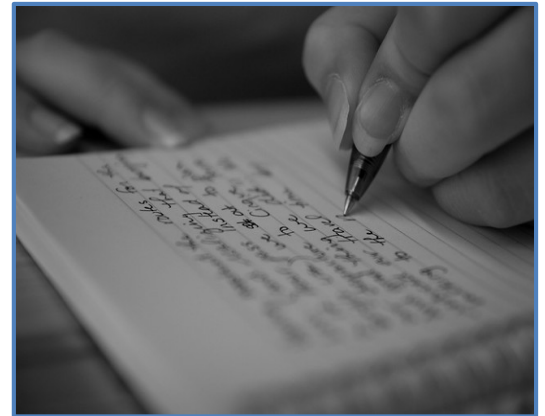
## May well-being assignments

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:



**Create a nature scavenger hunt for your family and take a walk to complete it.**

**Write down three things you're grateful for each day for a week.**



**Take a technology break — either an evening or a day with no devices.**