

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 webinars:

Meditation — Take a Breath

June 17, 2020

7:30 a.m. Eastern time

Melissa takes to a river bank to watch the water, listen to the birds and focus on our breath.

[Register now.](#)

Reversing Loneliness

June 18, 2020

Noon Eastern time

There are things you can do to reverse the loneliness risk factor. Your Virtual Well-Being coordinator will review types of loneliness and how to resolve them.

[Register now.](#)

Register for additional webinars, watch past webinars and download materials at

bluecrossvirtualwellbeing.com.

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