

Blue Cross[®] VIRTUAL WELL-BEING



Blue Cross
Blue Shield
Blue Care Network
of Michigan

August 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:



Enjoy your hobby or start a new one.

Clean and organize a room, closet or drawer.



Review your finances.