

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



Blue Cross  
Blue Shield  
Blue Care Network  
of Michigan

*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<sup>®</sup> Virtual Well-Being program from Blue Cross<sup>®</sup> Blue Shield<sup>®</sup> 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 — Morning Wake-up**

July 8, 2020

7:30 a.m. Eastern time

Madie leads you on a meditation perfectly set to wake you up and start your day.

[Register now.](#)

## **Reboot Your Well-Being**

July 9, 2020

Noon Eastern time

Use technology to support your well-being goals, whether it's to track your exercise, learn meditation or drink more water. Learn how apps, devices and other forms of technology can help support your physical, mental and social well-being.

[Register now.](#)

Register for additional webinars, watch past webinars and download materials at [bluecrossvirtualwellbeing.com](http://bluecrossvirtualwellbeing.com).

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