

# Blue Cross<sup>®</sup> 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<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 — Awareness with the Music of Nature**

July 29, 2020

7:30 a.m. Eastern time

Marissa uses the “music of nature” in this meditation to help us focus on life around us.

[Register now.](#)

## **How to Sleep Well**

July 30, 2020

Noon Eastern time

Sleep is important to your health. Lack of restorative sleep is linked to conditions, such as high blood pressure, heart disease and diabetes. If you struggle to fall or stay asleep, then join us and learn hints and habits that may help you to sleep better.

[Register now.](#)

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

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