

# 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 webinar:

## **Drop 5 of COVID-19 Questions and Answers with a Registered Dietitian**

November 19, 2020

12 p.m. Eastern Time

Join us for a question and answer session with Grace Derocha, registered dietitian as part of Drop 5 of COVID-19. You can share your weight loss progress and ask questions about healthy eating and maintaining weight during the holidays. Derocha will also help you prepare for a successful final weigh-in for 2021.

[Register now.](#)

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

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