

Blue Cross[®] VIRTUAL WELL-BEING



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Drop 5 to Start '21

To help you start the New Year healthy, join our free virtual weight loss community for a 12-week journey to lose five pounds.

Join us Jan. 7 for the kick-off and receive:

- An overview of *Drop 5 to Start '21*
- An introduction to the motivational team
- Tips to start your journey
- A downloadable weight tracker

Register for the event [here](#).



Each week the motivational team will bring you a weight loss tip that will help you achieve your scale and non scale victories.

During *Drop 5 to Start '21*, we ask that you track your weight once a week from Jan. 7 to April 1. We will provide a downloadable weight tracker during the kick-off webinar.

Questions? Contact Blue Cross Virtual Well-Being at bluecrossvirtualwell-being@bcbsm.com.