

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:

Live Cooking Demos of Simple, Heart-Healthy Meals

February 4, 2021

12 p.m. Eastern Time

Preventive services are part of a healthy lifestyle and help you avoid or detect health problems. Join us for the recommendations for annual health checkups, wellness screenings, immunizations and counseling. Session will include Drop 5 to Start`21 weekly check-in for our virtual weight-loss community.

[Register now.](#)

Register for additional webinars, watch past webinars and download materials at bluecrossvirtualwellbeing.com.

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