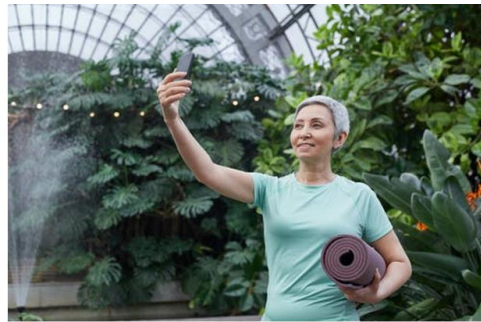


# Blue Cross VIRTUAL WELL-BEING<sup>SM</sup>



## Summer selfie challenge

From June 1 to August 31, we challenge you to get outside and exercise. Walk in a park, ride some trails, explore your back yard, or visit a waterfall. Then, take a selfie\* and send it to us with your name and location at [BlueCrossVirtualWell-Being@bcbsm.com](mailto:BlueCrossVirtualWell-Being@bcbsm.com) and we will share your pictures with this virtual community starting June 3. We want to see you enjoy the great outdoors! How many places can we “visit”?



\*If you're camera shy, take a picture of something you found interesting or beautiful while you were outside and send it!