



Blue Cross Virtual Well-BeingSM

**Boost Energy with Chronotypes
and the Drop 5 Virtual Weight-loss Community**



The webinar will begin at noon



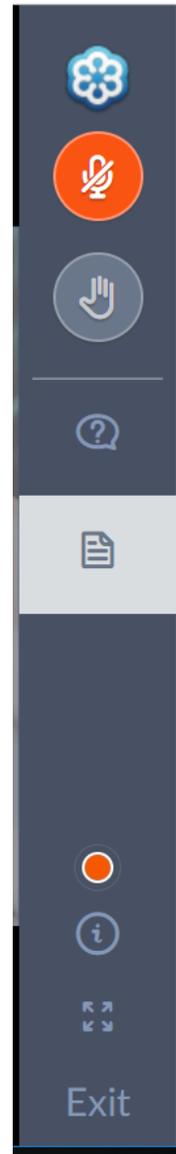
Bear chronotypes make up 50% of the adult population. They tend to wake easily and fall asleep quickly with no problem. They are most productive before noon with a dip in energy 2 p.m. to 4 p.m.

The webinar will begin at noon



Lion chronotypes account for 15% to 20% of the adult population. They tend to be early risers and are most productive before noon.

The webinar will begin at noon



Submit a question or comment using the **Question** feature.

Download slides or handouts using the **Handout** feature.

The webinar will begin at noon



Dolphin chronotypes make up 10% of the adult population. They are light sleepers and tend to not get enough sleep. Their peak productivity time tends to be 10 a.m. to 2 p.m.

The webinar will begin at noon



Wolf chronotypes accounts for 15% to 20% of the adult population. These people tend to have problems getting up in the morning. Their peak productivity is noon to 4 p.m. and then again around 6 p.m. as they are night-oriented.

The webinar will begin at noon



Five-Minute Calming Moonlight Meditation

Wednesday, Oct. 20, 2021

Noon, Eastern time



Reflective Writing Workshop

Thursday, Oct. 21, 2021

12 to 12:30 p.m. Eastern time

The webinar will begin at noon

RECEIVE WEEKLY TEXT REMINDERS

- Text **MOTIVATE** to **222764**.
- Message and data rates may apply. Visit bcbsm.com for our *Terms and Conditions of Use and Privacy Practices*.



Special webinars: COVID-19 mental health checkup

This October, Blue Cross offers three interactive panel discussions facilitated by mental health specialists. These hour-long webinars focus on how COVID-19 has affected our mental health and include:

- Tips for coping
- Resiliency strategies and techniques
- Resources to support you and your family

Webinar topics are:

Men's Mental Health

Date: Monday, October 18

Times: 12 p.m. and 6 p.m. Eastern time

Grief and Loss

Date: Monday, October 25

Time: 12 p.m. Eastern time

Women's Mental Health

Date: Friday, October 29

Times: 12 p.m. and 6 p.m. Eastern time



Register at bluecrossvirtualwellbeing.com.



Blue Cross Virtual Well-BeingSM

Boost Energy with Chronotypes
and the Drop 5 Virtual Weight-loss Community



- Light sleepers
- Low sleep drive
- Difficulty falling asleep
- Often anxious
- Brain activity increases at night
- 10% of the adult population

- Night owls
- Medium sleep drive
- Hard time waking up in the morning
- Energized in the evening
- 15-20% of the adult population

- Sleep and wake according to the sun
- High sleep drive
- Feel more energetic during the daytime
- Experience mid-afternoon slumps
- 50% of the adult population

- Early risers
- Wake up early energized
- Medium sleep drive
- Go to sleep early
- Thrive with routine
- 15-20% of the adult populations

Chronotype is the natural inclination of the body's tendency to fall asleep and wake at a certain time of day.

Drop 5 Virtual Weight-Loss Community

Tip of the week: Vary your
protein sources

Use the Question box to tell us about:

- How you add protein to your meals
- Your recent weight loss
- Your nonscale victories



For more information

- Virtual Well-Being site:
bluecrossvirtualwellbeing.com
- Virtual Well-Being email:
BlueCrossVirtualWell-Being@bcbsm.com

