

Blue Cross VIRTUAL WELL-BEINGSM



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Instructions: Copy and paste the text below into an email you can send to your employees to encourage them to register for the Virtual Well-Being webinars below.

The Blue Cross® Virtual Well-Being program from Blue Cross® Blue Shield® of Michigan and Blue Care Network offers short, live, weekly meditations and webinars to help support members on their journey to well-being. These meditations and 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 meditation and member webinars below:

Seven-Minute Meditation: Appreciation for the Little Things

November 17, 2021

12 p.m. ET

Slow down to appreciate the little things in your life that tend to go unnoticed in the busyness of the day. Consider joining this meditation in one of your favorite spaces.

[Register now.](#)

Drop 5 Holiday Scale Freeze and the Drop 5 Virtual Weight-Loss Community

November 18, 2021

12 p.m. ET

Join the Drop 5 Holiday Scale Freeze. You'll weigh yourself before Thanksgiving and then after the new year with a goal to maintain your weight through the holidays. We'll discuss strategies to maintain your weight. You'll receive a handout with tips. This is open to everyone whether you've been in Drop 5 before or not, so invite your family and friends. Session will include Drop 5 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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