Blue Cross Blue Shield Blue Care Network of Michigan

Blue Cross Virtual Well-Being[SM]

Employer session

Four Mini Well-Being Challenges

The information in this session is for educational purposes and not meant to replace the advice of your physician or provide diagnosis or treatment. Consult with your doctor if you have questions or concerns.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon

“Look deep into nature and then you will understand everything better.”

— Albert Einstein

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon

"Study nature, love nature, stay close to nature. It will never fail you."

—Frank Lloyd Wright

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon

Four-Minute Meditation: Using the Breath to Let Go of Tension and Worries
Wednesday, June 29, 2022
12 p.m. Eastern time

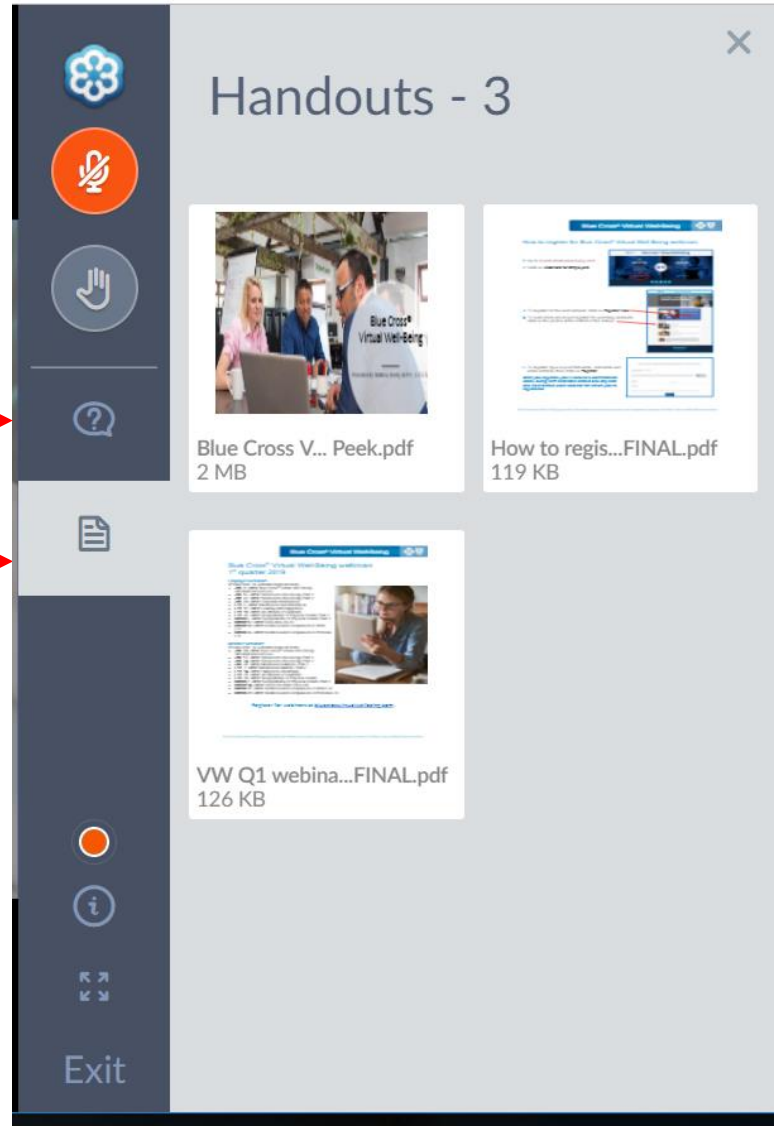
Foods that Boost Brain Health
Tuesday, July 5, 2022
12 to 12:30 p.m. Eastern time

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon

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

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



Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon

“Look deep into nature and then you will understand everything better.”

— Albert Einstein

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

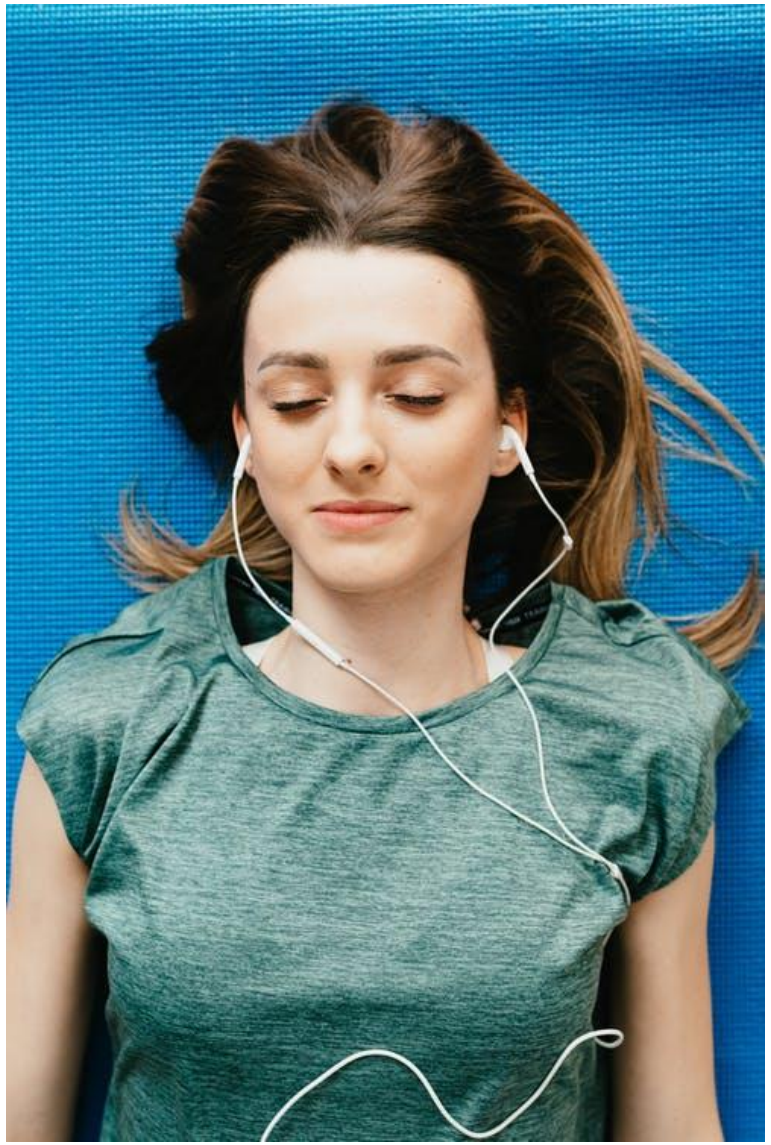
The webinar will begin at noon

"Study nature, love nature, stay close to nature. It will never fail you."

—Frank Lloyd Wright

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Sign up for text reminders



Text BREATHE to **222764** for Wednesday Meditations.

Message and data rates may apply. Visit **bcbsm.com** for our *Terms and Conditions of Use* and *Privacy Practices*.

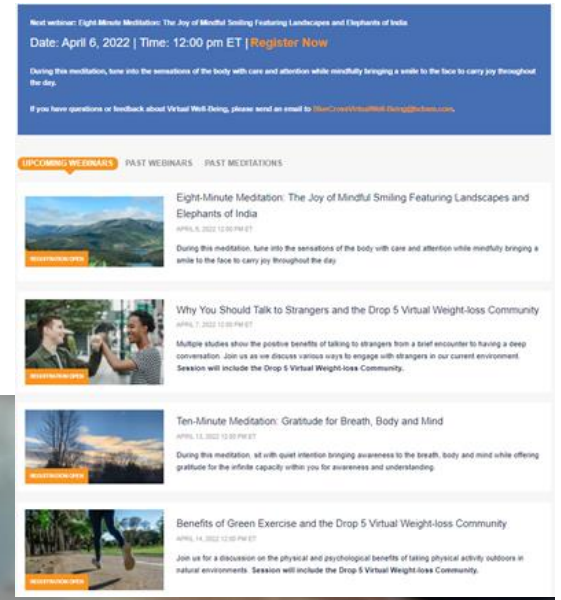
Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Accessing Blue Cross Virtual Well-Being℠

1. Where to go:
   bluecrossvirtualwellbeing.com

2. Choose the type:
   Employers or Members
   Meditations are found in Members

3. Register for live or watch on demand:
   Next live webinar
   Upcoming webinars
   Past webinars
   Meditations



Public welcome to join all webinars and meditations!

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Blue Cross Blue Shield Blue Care Network of Michigan

Blue Cross Virtual Well-Being℠

Employer session

Four Mini Well-Being Challenges

The information in this session is for educational purposes and not meant to replace the advice of your physician or provide diagnosis or treatment. Consult with your doctor if you have questions or concerns.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

Four Mini Well-Being Challenges

Choose a challenge and focus on it daily for one week.

Morning routine options

- Say positive affirmations.
- Make your bed.
- Take time to stretch.
- Offer gratitude.
- Drink 8 oz. of water.
- Review your to-do list.
- Other

Time in nature options

- Start a garden.
- Visit a local or state park.
- Find and identify birds.
- Enjoy a picnic.
- Take an awe walk.
- Reflect by a bonfire.
- Other

Declutter options

- Toss old toiletries.
- Donate unused clothing.
- Remove apps from phone.
- Clean out purse or wallet.
- Clean out your car.
- Clean out junk drawer.
- Other

Social connection options

- Contact an old friend.
- Catch up with a loved one.
- Say hello to a stranger.
- Volunteer.
- Write a letter to someone.
- Visit a museum or art center.
- Other

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

For more information

To register for upcoming webinars or to view on-demand sessions, go to bluecrossvirtualwellbeing.com.

If you have questions or comments, email us at BlueCrossVirtualWell-Being@bcbsm.com.

Follow me on LinkedIn Cindy Bjorkquist, M.S. | LinkedIn

Follow me on LinkedIn Marissa Jarrett, M.A. Edu.| LinkedIn

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.