

# Blue Cross Virtual Well-Being<sup>SM</sup>

*Live well-being webinars and meditations*

## Virtual Well-Being – Suggested social media post

This file contains a suggested post and image for your company's social media sites. A JPG file of the image is included as a separate file in the Virtual Well-Being toolkit.

Link the image to [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).

Suggested post:

Let Blue Cross Virtual Well-Being<sup>SM</sup> guide your personal well-being journey. Watch 30-minute weekly webinars or guided meditations live during your lunchbreak. Topics include meditation, financial wellness, resilience and physical health. Virtual Well-Being also features the Drop 5 Virtual Weight-loss Community.

Visit [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com) to learn more, register or watch past webinars.

