

Blue Cross VIRTUAL WELL-BEINGSM



Blue Cross
Blue Shield
Blue Care Network
of Michigan



Drop 5 Weight-Loss Community

Drop 5 is a virtual weight-loss community for participants to feel connected with others who are striving to lose five pounds at a time. The community meets each Thursday at noon Eastern time during Blue Cross Virtual Well-Being member webinars.

Drop 5 includes:

- Weight-loss tips and action steps
- Healthy recipes
- Live participant chat for scale and nonscale victories
- Live participant chat for questions



What participants are saying:

"Since I took my weight on Friday, I've lost 2.5 pounds. This is a wonderful group! Your advice is just what I needed! Thank you!"

"My nonscale victory for Drop 5 is lowering my A1c!"

"I've only lost 4 pounds so far, but I feel good about my progress. I've been journaling, which has helped the most. Thank you for all the tips!"

"My nonscale victory is I combated incontinence so I could exercise. Thank you BCBSM for the push to remove this barrier. Now I ski and run!"



Register and find on-demand content at bluecrossvirtualwellbeing.com or scan the QR code.
Send questions and feedback to bluecrossvirtualwell-being@bcbsm.com.

