

# Blue Cross VIRTUAL WELL-BEING<sup>SM</sup>



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:

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



Register and find on-demand content at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com) or scan the QR code.

Send questions and feedback to [bluecrossvirtualwell-being@bcbsm.com](mailto:bluecrossvirtualwell-being@bcbsm.com).

## “ 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!”



**Blue Cross  
Blue Shield  
Blue Care Network**  
of Michigan