

SUBJECT LINE: When Emotions Feel Heavy, Support Is Here



Hi [Employee Name],

Many of us have been touched by cancer, either personally or through someone we care about. This May, in recognition of Mental Health Awareness Month, we're highlighting the importance of supporting emotional well-being alongside physical care.

Cancer can bring a wide range of emotions, and there's no "right" way to feel. Having space to talk, ask questions, and access support can make a meaningful difference.

Explore Now: Free On-Demand Virtual Event on Mental Health & Cancer

You're invited to watch "*Emotions Count – Myth Busting Mental Health*," a free, on-demand discussion led by an Iris Mental Health Therapist. This session explores common myths about staying positive, discusses the emotional realities of cancer, and offers supportive guidance for navigating mental well-being.

Watch here: <https://irisoncology.com/myth-busting-mental-health/>

[Company Name] offers Iris, a no-cost, 24/7 cancer support program from Blue Cross Blue Shield of Michigan. With Iris, you have access to supportive care from oncology-trained mental health therapists, nurses, and registered dietitians. All ready to help with everything from navigating emotions to managing side effects and more. Watch the on-demand event above, and activate your Iris account to connect with personalized guidance anytime:

IrisOncology.com/bcbsm-signup

Warmly,

[Signature]

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