

Blue Cross Virtual Well-BeingSM

Live well-being webinars and meditations



READY
TO HELP



How to use the Blue Cross Virtual Well-Being toolkit

Use the materials in this toolkit to promote our well-being webinars in your workplace, and to encourage your employees to take advantage of the program.

The toolkit includes:

- **Flyer:** Print to display around your workplace or distribute to employees.
- **Card:** Print to use as an employee handout.
- **Digital sign:** Upload to your company's electronic message boards.
- **Web banners:** Two JPG images are available for upload to your company's intranet site. Link images to bluecrossvirtualwellbeing.com.

If you have questions about Blue Cross Virtual Well-Being,
email us at bluecrossvirtualwell-being@bcbsm.com.



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