

Blue Cross Virtual Well-BeingSM

Live well-being webinars and meditations



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Confidence comes with every card.®

Let Blue Cross Virtual Well-Being guide your personal well-being journey

Blue Cross Virtual Well-Being offers informative webinars on well-being topics such as mindfulness, resiliency, social connectedness, emotional health, financial wellness, physical health, gratitude and meditation.

Virtual Well-Being:

- Features short, high-energy, live webinars every Thursday at 12 p.m. Eastern time
- Focuses on a different topic each week
- Offers informational materials you can download to save or share
- Includes weekly check-ins and healthy tips for the Drop 5 Virtual Weight-loss Community as part of the Thursday sessions
- Offers weekly guided meditations on Wednesdays at noon Eastern time

Conveniently watch Virtual Well-Being webinars on your computer, tablet or mobile phone.

Learn more, register or watch past webinars at bluecrossvirtualwellbeing.com.

**REGISTER
NOW**