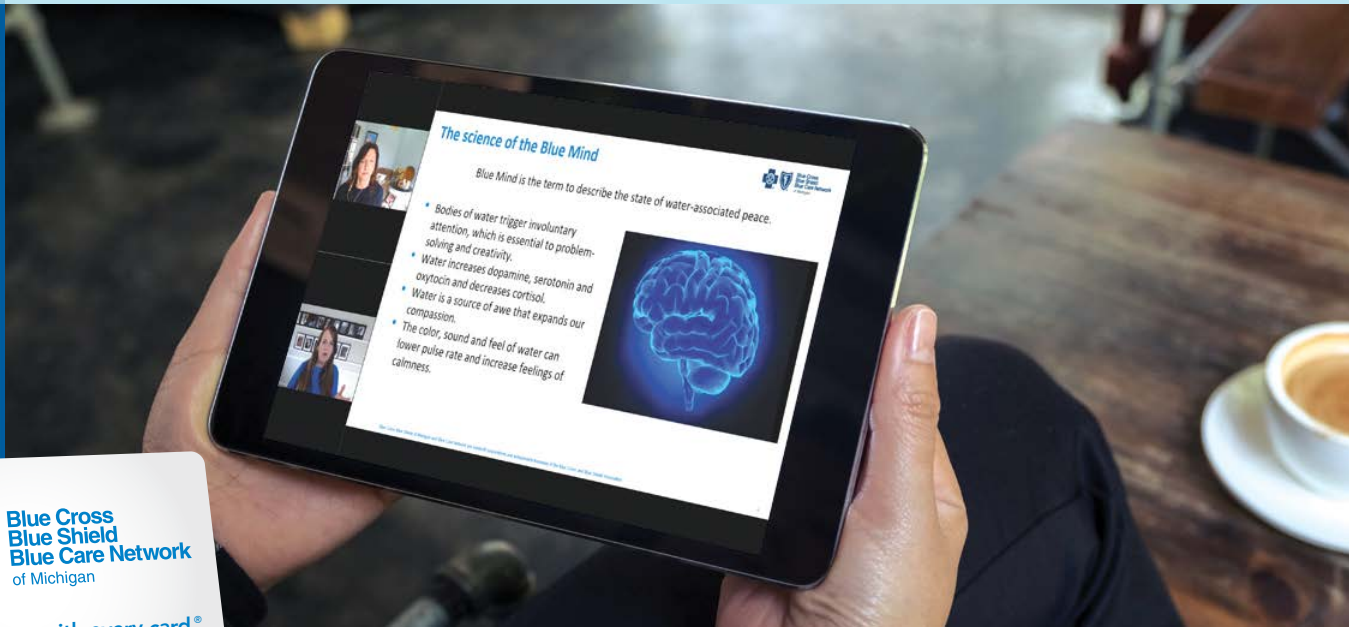


Blue Cross VIRTUAL WELL-BEINGSM



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Confidence comes with every card.®

Blue Cross Virtual Well-Being offers two live, interactive webinars and a live guided meditation per week focused on engaging and inspiring people to enhance their overall well-being in order to thrive in their life journey.

The program features include:

- Live, weekly webinars and guided meditation
- Drop 5 Virtual Weight-Loss Community
- Downloadable content
- Participant chat during live webinar
- On-demand webinars and health coach videos
- Email for questions and feedback

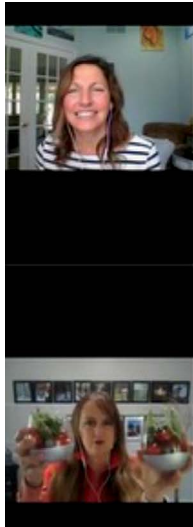
Webinars and meditations are:

- **Tuesdays, noon Eastern time (30 minutes)**
Employer webinars focused on well-being strategy with downloadable content.
- **Wednesdays, noon Eastern time (two to 15 minutes)**
Guided meditations available to everyone.
- **Thursdays, noon Eastern time (30 minutes)**
Member and public webinars focused on overall well-being and the Drop 5 Virtual Weight-Loss Community.



Registration and on-demand content
are found at bluecrossvirtualwellbeing.com.

Drop 5 Weight-Loss Community



Drop 5 Virtual Weight Loss Community



Drop 5 is a **free** weight-loss community that meets virtually on Thursdays with a goal of losing five pounds at a time. Anyone older than 18 can participate with no registration necessary.

Tip of the week: Find a new, healthy recipe and incorporate vegetables from your garden, the Farmer's Market or store.



Check in with us using the Question box.

- Let us know if you have lost five pounds.
- Share your nonscale victory from this week.

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 virtually each week during the Thursday Virtual Well-Being webinars at noon Eastern time.

All sessions are available on demand under the Past Webinar tab.

Drop 5 includes:

- Weekly weight-loss tips
- Live participant chat for scale and nonscale victories
- Interactive discussions on weight loss, nutrition and exercise
- Live participant chat for questions

Registration and on-demand content are found at bluecrossvirtualwellbeing.com.

Send questions and feedback to 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!”

