

Blue Cross[®] VIRTUAL WELL-BEING



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Confidence comes with every card.®

Blue Cross Virtual Well-Being offers webinars and resources to help develop and support a culture of well-being for your workforce, and to help your employees meet their overall well-being goals.

Employer webinars are held every Tuesday and focus on a variety of well-being topics with related content that can be downloaded to help engage employees.

Member webinars are held every Thursday and focus on ways to enhance personal well-being. Members can also participate in live, weekly meditation sessions, and watch on-demand Well-Being coach-guided yoga sessions, meditation and more.

- Virtual Well-Being is available to all Blue Cross Blue Shield of Michigan and Blue Care Network groups and members. Webinars are also available to nonmembers.
- All webinars begin at noon Eastern time and are 30 minutes or less, with time for questions at the end.
- Get ready-to-use resources to promote the program to your employees in the Blue Cross Virtual Well-Being toolkit in the *Health and well-being programs* folder at bcbsm.com/engage.
- Email any questions to BlueCrossVirtualWell-Being@bcbsm.com.

Register for upcoming webinars, watch past webinars or download well-being content at bluecrossvirtualwellbeing.com.