

Newsletter article suggested copy

## **Blue Cross Virtual Well-Being<sup>SM</sup>: Guidance on your life journey**

Well-being is the state of being comfortable, healthy and happy. We want all those things for you. That's why we're pleased to announce that your Blue Cross Blue Shield of Michigan or Blue Care Network health plan includes Blue Cross Virtual Well-Being to support your journey to a balanced and fulfilled life.

Set aside 30 minutes once a week to join a free, live, interactive well-being webinar that brings valuable information directly to you.

Weekly topics include:

- Mindfulness
- Resiliency
- Social connectedness
- Emotional and physical health
- Financial wellness
- Gratitude
- Meditation and more

Webinars are at noon on Thursdays and can be conveniently viewed on your computer, tablet or mobile phone. And during each webinar, you can download materials to read later and share with others, and get weekly check-ins and healthy tips for the Drop 5 Virtual Weight-loss Community.

Virtual Well-Being also features weekly guided meditations on Wednesdays at noon.

Take time to get on the path to well-being. Register for a webinar today.

1. Go to [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).
2. Click on *Webinars for Members*.
3. To register for the next webinar, click on *Register Now*.
4. To learn more about and register for upcoming webinars, click on the photos under *UPCOMING WEBINARS*.
5. You'll receive confirmation and reminder emails once you register.

Can't attend a live webinar? Don't worry - past webinars are available at [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).

