

Blue Cross Virtual Well-BeingSM

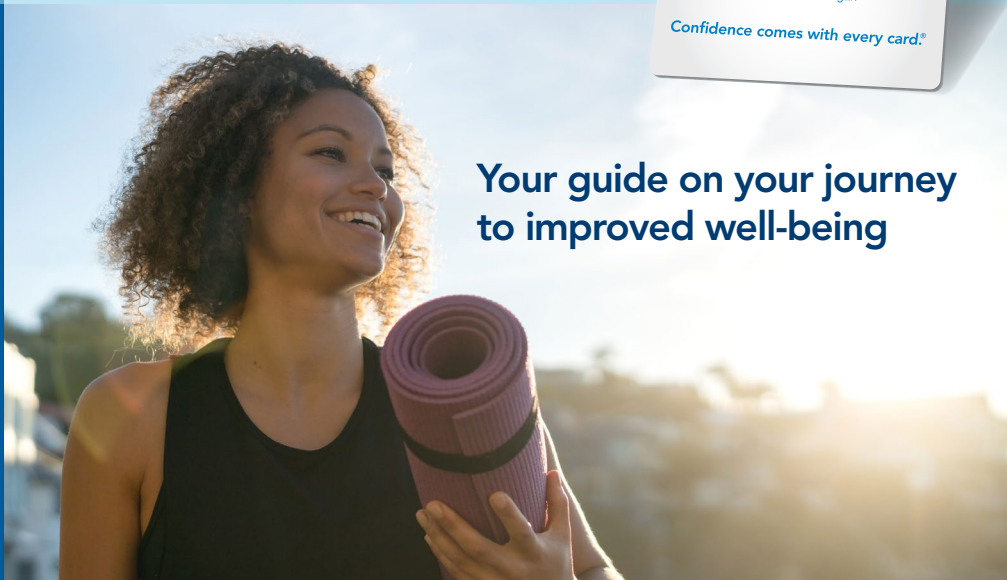
Live well-being webinars and meditations



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Confidence comes with every card.®

Your guide on your journey
to improved well-being



Let Blue Cross Virtual Well-Being guide your journey to a more fulfilling life with free, live, interactive weekly well-being webinars. They're short, high-energy and a great way to learn how to enhance your well-being.

Topics include:

- Mindfulness and meditation
- Physical health
- Financial well-being
- Living a thriving life



**Use this QR code to register
for upcoming webinars.**

Virtual Well-Being also offer weekly guided meditations every Wednesday at noon Eastern time. Conveniently watch webinars and meditations on your computer, tablet or mobile phone.

Learn more, register or watch past webinars at bluecrossvirtualwellbeing.com. You'll also find informational materials to download and share.

"I'm so excited about this. I am so ready for this journey."

- Blue Cross Virtual Well-Being webinar attendee

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