

# Blue Cross® Virtual Well-Being

## Virtual Well-Being – Suggested social media post

This file contains a suggested post and image for your company's social media sites. A JPG file of the image is included as a separate file in the Virtual Well-Being toolkit.

Link the image to [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com).

Suggested post:

Let Blue Cross® Virtual Well-Being guide your personal well-being journey. Watch 15-minute weekly webinars live during your lunchbreak. Topics include meditation, financial wellness, resilience and physical health.

Visit [bluecrossvirtualwellbeing.com](https://bluecrossvirtualwellbeing.com) to learn more, register or watch past webinars.



Confidence comes with every card.®

