

Blue Cross® VIRTUAL WELL-BEING



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 live weekly well-being webinars. They're short, high-energy and a great way to learn how to enhance your well-being.

Topics include:

- Happiness
- Social connectedness
- Financial wellness
- Emotional and physical health

Conveniently watch webinars 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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