

Blue Cross[®] Virtual Well-Being



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Confidence comes with every card.[®]

Let Blue Cross Virtual Well-Being guide your personal well-being journey

Your health plan now includes an exciting new program.

Blue Cross Virtual Well-Being offers informative webinars on well-being topics such as, mindfulness, resiliency, social connectedness, emotional health, financial wellness, physical health, gratitude and meditation.

Virtual Well-Being:

- Features short, high-energy, live webinars every Thursday at 12 p.m. Eastern time
- Focuses on a different topic each week
- Offers informational materials you can download to save or share

Conveniently watch Virtual Well-Being webinars on your computer, tablet or mobile phone.

Learn more, register or watch past webinars at bluecrossvirtualwellbeing.com.

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NOW**