

# 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 give you the guidance and support you need on your personal well-being journey.

Virtual Well-Being:

- Features short, high-energy, live webinars every Thursday at noon Eastern time.
- Focuses on a different well-being topic each week.
- Topics include mindfulness, resilience, social connectedness, emotional health, financial wellness, physical health, gratitude, meditation and more.
- Offers informational materials you can download to save and share.

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

Learn more, register or watch past webinars at [bluecrossvirtualwellbeing.com](http://bluecrossvirtualwellbeing.com).