

Blue Cross[®] VIRTUAL WELL-BEING



Confidence comes with every card.®

Blue Cross Virtual Well-Being is an added capability from Blue Cross Blue Shield of Michigan that features two live webinars each week — one for employers on Tuesdays, one for members on Thursdays — and downloadable content to support well-being.

For employers, webinars focus on a variety of well-being topics with related content that can be downloaded and used to help develop, deliver and enhance your worksite well-being program. For members, webinars and downloadable content focuses on ways they can enhance their personal well-being journey. Topics mirror the employer topics, including financial wellness, emotional health, physical health, social connectedness, happiness, meditation and more.

- Virtual Well-Being is available to all Blue Cross Blue Shield of Michigan and Blue Care Network groups and members.
- All webinars begin at noon Eastern time and last about 15 minutes, with time for questions at the end.
- You can register for webinars, download content and watch past webinars on demand at bluecrossvirtualwellbeing.com.
- Empower your employees to enhance their personal well-being by sharing promotional materials available at bcbsm.com/engage.
- Email any questions to BlueCrossVirtualWell-Being@bcbsm.com.

Learn more about Virtual Well-Being and register for webinars at bluecrossvirtualwellbeing.com.