

Bring Wellness Into the Workday

We offer on-site and virtual activities available to your employees.

Contact your Blue Cross and Blue Shield Service Benefit Plan representative to schedule your event.

Virtual Event Options



Live webinars



On-demand video recordings



Virtual walking challenges



Wellness Webinars and Videos

Our library grows every year. You'll find a wide range of content that builds awareness and answers questions about the health topics members are interested in, including:

- Adolescent mental health
- Aging
- Anxiety
- Breast cancer awareness
- Colon cancer awareness
- Diabetes awareness
- Fitness and goal setting
- Healthy holiday time
- Heart health
- Mental health emergencies
- Men's health
- Musculoskeletal
- Nutrition
- Preventive care
- Stress management
- Sun safety
- Trauma and PTSD
- Women's health

Wellness webinar topics change yearly. Connect with your representative about topics not listed.

On-Site Event Options



Wellness Fairs

Convenient interactive events make it easy to offer employees health education and basic biometric screenings (if requested) — right at work.

Our wellness fairs include:

- Incentives and promotions
- Healthy huddles or chats on a wide range of health topics



Preventive Screenings

Help employees check preventive screenings off their to-do list. We partner with your agency to coordinate every aspect. It's never been easier to bring preventive health to the workplace.

Preventive screenings include:

- Immunizations and cancer screenings
- Diet and obesity coaching



Education Workshops

Knowledge is power, right? We empower your employees with simple tips and how-to info to live healthier.

Education workshops include:

- **Blood pressure academy** to demystify screenings, blood pressure guidelines and ways to keep blood pressure in the sweet spot with lifestyle choices.
- **Ergonomics** to show employees how to prevent injuries in the workplace, reduce physical pain, ways to add daily stretching into the workday and more.



Walking Events

Walking for fun and fitness can help reduce stress, improve balance, and nurture better mental health, flexibility and overall quality of life.* These fun-filled events encourage your employees to lace up their sneakers and get going.



* Walking: Trim your waistline, improve your health. Mayo Clinic. 2026.