



# Live Long. Live Well.

## Webinar Program to Increase Longevity and Vitality Starting on Monday, April 19, 2021

There are areas in the world where a significant percentage of people live to 100 or beyond. They enjoy health and vitality throughout old age. These areas are called The Blue Zones® and there are common lifestyle choices made by the people living in these areas. Certainly their diet is important, but also social connectedness, sense of purpose and daily living activities factor in to their longevity secrets. Learn what you can do to adopt some of these life-lengthening habits. All it takes is 10 minutes a week for 6 weeks.

**Sign-up today at [MIAWinners.org](https://MIAWinners.org)**

Registration deadline is Friday, April 16, 2021  
See page 2 for complete registration instructions

### What you need to do:

- Watch all 6 webinars (all less than 10 minutes)
- Watch in order, but on your own time (within 1 week of each webinar's release)
- Participants must answer 3 quiz questions correctly after each webinar session and post a weekly comment in the discussion forum in order to earn a \$50 gift card.

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## Registration Instructions

1. Go to [www.miiawinners.org](http://www.miiawinners.org)
2. If you have a MIIA Winners account: **LOG IN FIRST**, then follow instructions to enroll in this new program.  
If you don't have a MIIA Winners account: Use the "Proceed to Registration" button on the MIIAWinners home page.
3. Enter the Registration Code: **AM21LONG** (case sensitive)
4. Fill out the registration form and submit.
5. Once you have registered, you're done till the program launches.
6. On **Monday, April 19, 2021** you'll receive an email to let you know the program has begun!

If you have completed this webinar previously, you're welcome to do it again, but only one reward will be awarded per webinar program, per person.

 /miiasocial | [www.emiia.org](http://www.emiia.org)

**MIIA**   
**Well Aware**  
Work Well. Live Well.

Open to all employees, only MIIA/BCBS members are eligible for prizes.