

Strokes are 80% Preventable: What Now?



Did you know that Strokes are 80% preventable?! Join us to learn actionable steps you can take to lower your risk and improve your overall wellness. We will cover key lifestyle changes and practical tips you can implement right away.

FREE to all employees and their spouses regardless of health plan status. Free to all retirees on a MIIA/Blue Cross health plan.

MIIA Webinar Buffet for September

Available September 1st through September 30th

Watch 5 of 10 monthly webinars (September '26 thru June '27), answer the quiz questions, and comment on your take-aways to earn a gift card.*

***Only MIIA/Blue Cross subscribers who complete the program requirements will earn a gift card at the end of this 10-month program.**



Strokes are 80% Preventable: What Now?



Registration Instructions

1. Go to www.miiawinners.org
2. **If you have a MIIA Winners account:**
Log in first, scroll to AVAILABLE PROGRAMS, choose this program, and follow instructions to enroll.
- If you DON'T have a MIIA Winners account:**
Use the "Sign up with a valid registration code" button on the MIIA Winners home page
3. Enter the registration code: **BUFFET26-27** (case sensitive)
4. Fill out the registration form.
5. Once you have registered, the Webinar Buffet will appear in your MIIA Winners dashboard as a current program.

FREE to all MIIA Accounts employees and their spouses regardless of health plan status. Free to all MIIA Accounts retirees on a MIIA/Blue Cross health plan.

Requirements

Each Month You Must:

- Log in to MIIAWinners.org and watch the entire webinar (usually less than 15 minutes each)
- Answer the quiz questions after each webinar - you don't have to get them correct
- Leave a comment about your biggest take-away from the webinar
- Complete the above before the end of the month - no back-tracking!