



Balancing the Benefits and Risks of Alcohol

MIIA Webinar Buffet for November

Available November 1st through November 30th

Understanding the risks and possible health benefits of alcohol often seems confusing; that's because the evidence for moderate alcohol use in healthy adults isn't certain. Watch our webinar on Balancing the Benefits and Risks of Alcohol to learn more and decide for yourself, how much, if any, is the right amount of alcohol for you.

Register today at [MIIAWinners.org](https://www.miiawinners.org)

See page 2 for complete registration instructions

Each Month You Must:

- Log in to [MIIAWinners.org](https://www.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!

MIIA Webinar Buffet



Complete 7 of 12 monthly webinars (Sept. '22 to Aug. '23), answer the quiz questions and comment on your take-aways to earn a \$50 gift card!

Only MIIA/BCBS subscribers are eligible for a gift card.

To participate in the 2022-2023 Webinar Buffet You must register*

*Participation in a previous Webinar Buffet program does not automatically enroll you in this program. Please follow the steps below to register.

1. Go to www.miiawinners.org

2. If you have a MIIA Winners account:

Log in first, then scroll to "Register for an Online Program" and follow instructions to enroll in this 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: BUFFET22-23 (case sensitive)

4. Fill out the registration form.

5. Once you have registered, you may access the program.

 /miiasocial | www.emiia.org

MIIA 
Well Aware
Work Well. Live Well.

This is a FREE PROGRAM open to all MIIA Webinar Buffet 22-23 employees and their spouses.