



# Boost Your Immunity with Food

## MIIA Webinar Buffet for September

Available September 1st through September 30th

A strong immune system is always important but even more critical given the prevalence of the coronavirus. As we return to being with groups of people, our immune system will have to work harder to keep us well. Join registered dietitian, Tricia Silverman, to learn about the wide variety of foods that can strengthen your immune system and keep you healthy this fall.

**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](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: BUFFET22-23 (case sensitive)
4. Fill out the registration form.
5. Once you have registered, you may access the program after September 1st.