

Learn about UC Living Well resources- and how to earn \$75!

This webinar will help you:

- Learn how to register and navigate the Optum Wellness Website
- Find the support you need to make positive lifestyle changes
- Connect with your own Wellness Coach who can offer proven support to help you reach your goals
- Learn how to earn a \$75 Visa gift card

How to register

- Click the Register link for the event you wish to attend.
- Fill in your first name, last name, and e-mail address, then click "Register Now".
- You will receive a confirmation e-mail that will include a link to access the workshop on the day of the event. Please keep your confirmation e-mail.

On the day of the event

- Use the link provided in the confirmation e-mail and click "Join Now." Once you have joined the meeting through the Internet, you will see a pop-up box with the conference call information.

- If you do not have access to the internet on the day of the event, you may call the number listed for the event you wish to attend and listen through audio only.

Schedule

Thursday, March 19, 12:15-12:45 pm PST

Call-in number: 1-763-957-6300

Meeting number: 647 853 261

[Register](#)

Thursday, April 16, 12:15-12:45 pm PST

Call-in number: 1-763-957-6300

Meeting number: 648 047 962

[Register](#)

Thursday, May 21, 12:15-12:45 pm PST

Call-in number: 1-763-957-6300

Meeting number: 648 958 482

[Register](#)

Thursday, June 18, 12:15-12:45 pm PST

Call-in number: 1-763-957-6300

Meeting number: 647 187 521

[Register](#)

Questions?

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