Revisit your chance to earn $75!

Attend this webinar and learn how to complete your activities by December 15th

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

- Contact Sandy Wilson, Optum Wellness Specialist at sandy.wilson@optum.com with the date and time you wish to attend.
- The registration link will be emailed to you. 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

Tuesday, December 8, 12:15-12:45 pm PST
Call-in number: 1-763-957-6300
Meeting number: 648 424 331

Email sandy.wilson@optum.com to register today!

The deadline to earn $75 is quickly approaching. Complete your activities by December 15!