



## June – Health and Wellness Webinars

Sign up for a virtual session to learn how these available health and wellness programs work, and see which one is best for you. **These programs are covered at 100 percent for UT SELECT medical plan members.**

### Hinge Health Demo

Tuesday, June 23, Noon-12:30 p.m.

Presented by Hinge Health - *Join in to learn more about this musculoskeletal wellness solution.*

[Register online](#) to receive the webinar information.

### MDLIVE Demo

Tuesday, June 23, 12:30-1 p.m.

Presented by MDLIVE - *Join in to learn more about virtual doctor and behavioral health visits.*

[Register online](#) to receive the webinar information.

### Omada Demo

Tuesday, June 30, 10:30-11 a.m.

Presented by Omada - *Join in to learn how Omada can help you form healthy habits to prevent type 2 diabetes.*

[Register online](#) to receive the webinar information.

### Livongo Demo

Tuesday, June 30, Noon-12:30 p.m.

Presented by Livongo - *Join in to learn more about this diabetes and hypertension management program.*

[Register online](#) to receive the webinar information.