

Attend a Wellness Session

Learn how to get more out of your LSU First Medicare Retiree plan, which is a UnitedHealthcare® Group Medicare Advantage (PPO) plan. We'll help make things clear and easy for you to understand.



Take advantage of benefits including:



Nationwide coverage



Gym membership



Virtual Doctor Visits



Annual in-home visit



Telephonic Nurse Support



And more



\$0 preventive care



Continued on back

Join us online

Healthy Aging: Tips and strategies for maintaining health as you age

Thursday, February 1, 2024

10 a.m.–12 p.m. CST

Event number: **2663 121 4634**

Event password: **LSUFirst2024!**

[Click here to join online](#)

Chronic Disease Prevention: Steps to prevent common age-related diseases

Thursday, April 4, 2024

10 a.m.–12 p.m. CST

Event number: **2661 795 6745**

Event password: **LSUFirst2024!**

[Click here to join online](#)

Medication Management: Understanding and safely using medications

Thursday, June 6, 2024

10 a.m.–12 p.m. CST

Event number: **2661 977 2954**

Event password: **LSUFirst2024!**

[Click here to join online](#)

Emotional Well-being: Strategies for maintaining emotional health

Thursday, August 1, 2024

10 a.m.–12 p.m. CST

Event number: **2661 418 6958**

Event password: **LSUFirst2024!**

[Click here to join online](#)

Caring for a Loved One: Tips for caregivers and family members

Thursday, November 7, 2024

10 a.m.–12 p.m. CST

Event number: **2663 756 3098**

Event password: **LSUFirst2024!**

[Click here to join online](#)

To join the online meeting:

- 1 Go to **webex.com**.
- 2 At the top right of the page, select and click **“Join a meeting”** button.
- 3 Enter the Event number into the Meeting Information field.
- 4 Enter your name, email address and the Event password.
- 5 Click **“Join Now.”** Follow the instructions that appear on your screen

To dial-in only for the online meeting:

- 1 If you don't have access to the internet, you can call **1-763-957-6400**, TTY **711**, to hear the presentation.
- 2 Follow the instructions that you hear on the phone.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract, and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

For accommodation of persons with special needs at meetings, call 1-877-791-9968, TTY 711, 8 a.m.–8 p.m. local time, 7 days a week.

© 2024 United HealthCare Services, Inc. All Rights Reserved.

H2001_SPRJ83102_012624_M

SPRJ83102