

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



And more



\$0 preventive care



Join us online

Preventive Health: The Importance of Routine Screenings

Monday, February 3, 2025

10 a.m.-12 p.m. CST

Event number: **2660 926 6081**

Event password: **LSUFirst@2025**

[Click here to join online](#)

Thriving After Discharge: Navigating Follow-Up Care

Thursday, April 3, 2025

10 a.m.-12 p.m. CST

Event number: **2660 410 1423**

Event password: **LSUFirst@2025**

[Click here to join online](#)

Medication Management: Understanding and safely using medications

Thursday, June 5, 2025

10 a.m.-12 p.m. CST

Event number: **2663 535 7329**

Event password: **LSUFirst@2025**

[Click here to join online](#)

Creative and Recreational Wellness
Thursday, August 7, 2025

10 a.m.-12 p.m. CST

Event number: **2662 655 3853**

Event password: **LSUFirst@2025**

[Click here to join online](#)

Emotional Well-being: Strategies for maintaining emotional health

Thursday, November 6, 2025

10 a.m.-12 p.m. CST

Event number: **2661 644 9691**

Event password: **LSUFirst@2025**

[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.

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