Are you getting your Zzz’s?

Sleep Soundly for Better Performance—Back by popular demand!

Join us for this 45 minute webinar to:
• Learn about the risks associated with a lack of sleep
• Test your skills on common sleep stealers
• Gain quick tips on how to get better sleep
• Create a personal action plan
• Earn 2,500 points*

Details:
Wednesday, September 23
12:15 – 1:00 pm pst
Call-in number: 1-763-957-6300
Meeting number: 643 000 580
Register here

How to register:
• Click the register link above.
• 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 and listen through audio only.

Questions?
Sandy Wilson
Optum Wellness Specialist
sandy.wilson@optum.com

* Employees and retirees enrolled in a UC-sponsored group medical plan are welcome to participate in UC Living Well and, if eligible, earn the incentive. If you are a member of certain unions, you may not be eligible for the incentive. For a list of eligible unions, please visit ucal.uc/udlivingwell. Also, participation in on-site campus/health system wellness programs varies by campus; contact your location’s Wellness Coordinator for details.