

THINK OF IT AS AN INVESTMENT IN YOURSELF.



We know you're busy. But if you haven't done it yet, please take a few minutes to register for your personal Living Well Health Manager powered by WebMD now.

You'll get convenient, 24/7 access to the most current, trustworthy, and easy-to-understand medical information online.

You'll also find a variety of powerful and easy-to-use tools including:

- **WebMD HealthQuotient (HQ)**, which helps identify your personal risk factors and develops a personalized plan to reduce them.
- **Lifestyle Improvement Programs** give you access to a variety of personalized, self-paced programs to improve your health including topics such as exercise, weight management, emotional health, and more.
- Access to a plethora of resources available through the **UT SELECT Living Well: Make it a Priority Program**.

You may even be eligible to receive personal Health Coach services through WebMD. Your personal Health Coach will provide the information and motivation you need to achieve your goals.

Register and take the HQ now at www.LivingWell.utsystem.edu. It's a few-minute investment with BIG Texas returns!