



Free online webinars

Aetna Resources For LivingSM

What is a webinar?

As part of our services we include free weekly, live webcasts offered by highly trained presenters. The topics range from coping methods during hard financial times, to healthy living and much more.

- Topics for your everyday needs
- 30 minutes to an hour in length
- Question and answer forum
- No cost to you!

Can't attend a live webinar or missed one you signed up for?

All webinars are recorded and posted to our archived webinars section. We have a wide range of topics designed to help you with all of life's challenges.

Ready to register?

Registering for a webinar is simple. From your WorkLife website, select the webinar date and time that you would like to attend. This will open a new window where you fill in your name, company name, e-mail address, and then select 'Register.'

Within a few minutes you should receive a successful registration e-mail and then an e-mail confirming the registration. For Microsoft Outlook users, this e-mail is also an invite and you can click 'Accept' to add the invite to your calendar.

Visit your member website today for more details!

1-800-272-7252 **www.mylifevalues.com**
Username: UCF **Password: UCF**

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Information is believed to be accurate as of the production date; however, it is subject to change. For more information about Aetna plans, refer to www.aetna.com