

SEPTEMBER

2010



# MIND YOUR MEDICINE:

Be an active partner in your own healthcare

LIVING IN REALTIME LIVING IN REALTIME

TIEMPO REAL VIDA EN TIEMPO REAL VIDA

**WEBINAR**



## Take an Active Role in Your Health

Tuesday, September 21<sup>st</sup>  
at 12pm, 2pm and 4pm EST

Medical self-care is a decision-making process that can improve the quality of your healthcare. Learn to make informed healthcare decisions that result in a more efficient use of medical resources, and prioritize your well-being.

Find registration information on your LifeResources' Work-Life Website.

**All webinars are OnDemand for your convenience.**

\* Please note: Webinars are available only in English.

Is there a doctor in the house? Maybe not, but no one knows more about your body than you do, which is why being more informed and involved in your own healthcare decisions might help you and your doctor make more accurate diagnoses, or possibly avoid unnecessary procedures.

Your work-life service is always available to provide support for daily living.

**Log on to get started: [www.allonehealthcap.com](http://www.allonehealthcap.com)**

**User Name: healthtrust**

**Password: member**

**Call toll-free 1-800-759-8122**

**ALWAYS AVAILABLE**

