

# Get health tips with our free DocTalk webinars

Log on. Listen in. Ask questions.

The more you know, the better you can take care of your health. That's why we offer DocTalk. It's a series of webinars about important health topics. DocTalk is online so it's easy to access — and it's free for our members and their spouses.

## About DocTalk webinars

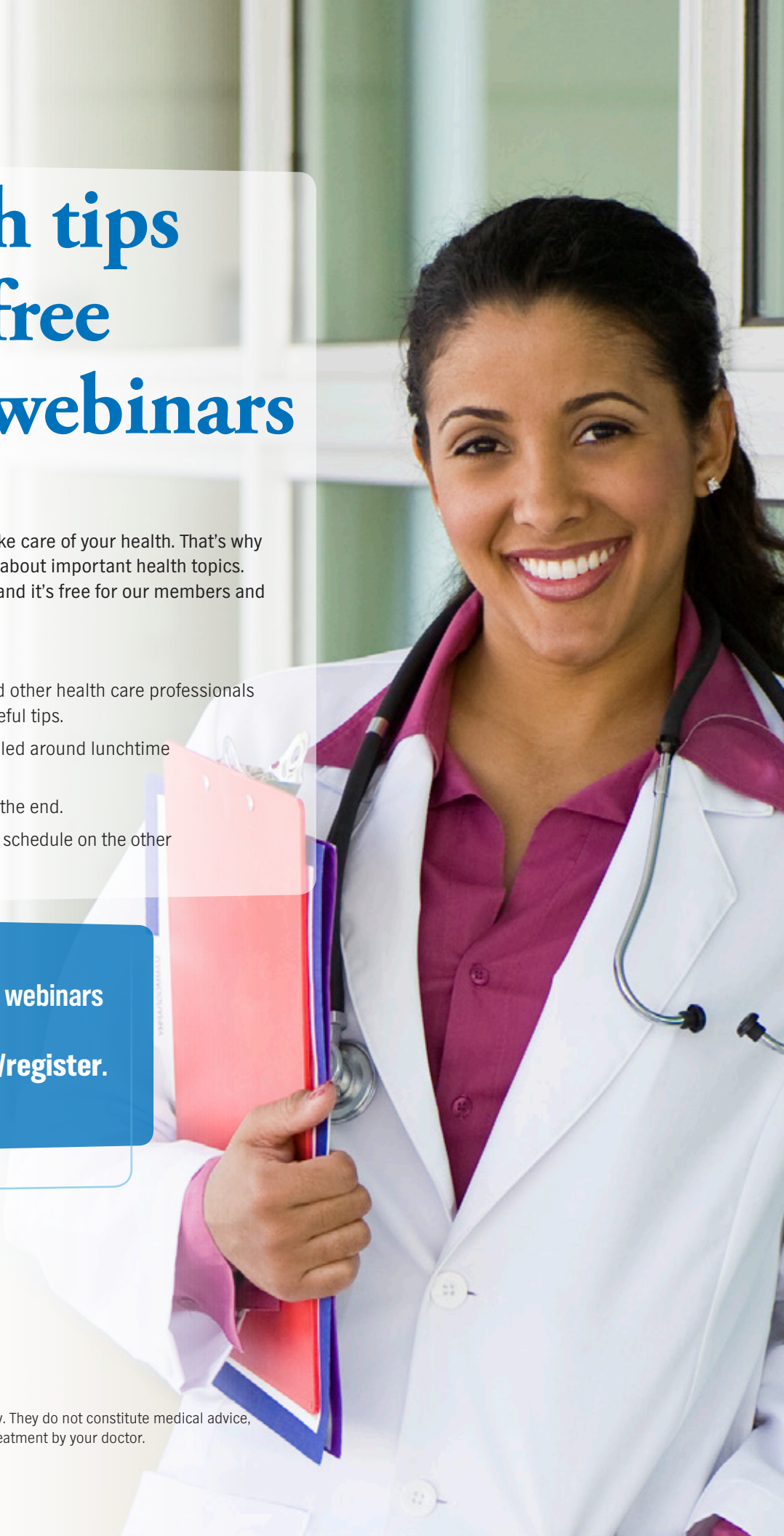
- **Led by experts.** Medical directors and other health care professionals share their knowledge and provide useful tips.
- **Convenient.** The webinars are scheduled around lunchtime and last about an hour.
- **Interactive.** You can ask questions at the end.
- **Topics designed for you.** See the 2017 schedule on the other side and mark your calendar.

Registration is limited. DocTalk webinars are free, so sign up today at [webinars.on24.com/doctalk/register](http://webinars.on24.com/doctalk/register).



DocTalk webinars are for informational purposes only. They do not constitute medical advice, diagnosis or treatment and are not substitutes for treatment by your doctor.

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## Sign up today for a DocTalk webinar

Go to [webinars.on24.com/doctalk/register](http://webinars.on24.com/doctalk/register) to sign up for one or all of the webinars. They're free for our members and their spouses, but registration is limited so don't wait to sign up!

## 2017 DocTalk topics



### June 13 — Zika: everything you need to know

Zika is of particular concern to pregnant women due to birth defects, yet the virus can be serious — and in rare cases, deadly — for children and adults too. Find out what you need to do to protect yourself and your family.



### August 8 — The sandwich generation: Caring for others. Caring for you.

The “sandwich generation” includes adults caught in the middle of caring for growing children and their aging parents or other older relatives. Learning to incorporate simple self-care tips into their daily routine will help caregivers stay healthy so they can provide better emotional and physical care to their loved ones.



### September 12 — Heart health

High blood pressure and high cholesterol are important factors in the risk for heart disease. Join us for this informative webinar discussion on how to keep your heart in shape and how to deal with chronic cardiovascular conditions so you can lead your best life.



### October 10 — Diet, nutrition and weight loss

Eating right is one of the keys to a healthy life. Join us to learn some tips and guidelines for keeping your diet healthy and maintaining a healthy weight.



### December 12 — LiveHealth Online: video doctor visits make it easy to get the care you need

Using LiveHealth Online, you can have a live video visit with a board-certified doctor 24/7 on your smartphone, tablet or computer with a webcam. Doctors can provide medical advice, assess your condition and send prescriptions to the pharmacy you select if needed.\*

\*Prescription availability is defined by physician judgment and state regulations. Visit the home page of [livehealthonline.com](http://livehealthonline.com) to view the service map by state.

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