

## **Living Well Health Manager, powered by WebMD – New Program! Effective July 1, 2009.**

We know good health is important to you and your family. That's why the University of Texas System offers UT SELECT members a great new resource - Living Well Health Manager, powered by WebMD. This personalized health information resource provides free and easy access to the information you and your family needs to make smart choices about your health. From providing critical information about preventing or managing serious disease to developing a personalized health improvement plan, you will find a variety of powerful and easy-to-use tools from one of the most trusted sources of health and medical information – WebMD!

### **Key Features**

- WebMD HealthQuotient<sup>SM</sup> (HQ) helps you identify your personal health risks, provides recommendations for improving those risks, and informs you of the easy-to-use tools to help make healthy lifestyle changes.
- Symptom Checker helps you determine if and when you should seek medical treatment.
- WebMD Health Topics<sup>SM</sup> gives you current, reliable information about specific health conditions you may be interested in.
- WebMD Lifestyle Improvement Programs<sup>SM</sup> gives you the support and tools you need to stop smoking, eat healthier, manage your weight, improve your fitness, and even manage stress.
- Tracking tools allow you to chart your progress toward achieving specific health goals.

The Living Well Health Manager, powered by WebMD is available exclusively through [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut)

Additionally, your UT SELECT plan provides you with numerous wellness benefits and opportunities to improve your health. Visit [www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu) for wellness program details.