

# Win Well Wednesday

## Building Better Mental Health

Wednesday, March 27 | 2pm ET

Join SupportLinc, BBU's Employee Assistance Program (EAP) administrator, for a presentation on tips for improving your mental health to become a happier and healthier version of yourself. This session will also provide an overview of the resources available through SupportLinc.

Scan the QR code to join!



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## Make Healthcare Less Complicated

Wednesday, April 10 | 2pm ET

Learn how Medical Ally (formerly Consumer Medical) can help make healthcare less complicated by providing information on doctors in your area, getting a second opinion and much more! [Register here.](#)



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## Understanding Anxiety

Wednesday, May 8 | 2pm ET

Join SupportLinc, BBU's Employee Assistance Program (EAP) administrator, for a presentation on the topic of anxiety.

Attendees will learn more about what anxiety is, what causes it and how to manage anxiety when you experience it.

Scan the QR code to join!



# Win Well Wednesday

## Navigating Medicare

Wednesday, May 15 | 2pm ET

HTA's Medicare Insurance Specialists will share information on navigating the complex Medicare landscape. Learn more about important Medicare timeframes and how to ensure you get the complete coverage you need. [Register here.](#)



# Win Well Wednesday

## Saving on Prescriptions

Wednesday, June 12 | 2pm ET

Learn how Rx Savings Solutions (RxSS) can help you and your dependents save money on prescription drugs by highlighting cost savings opportunities you might not be aware of.

[Register here.](#)

