

# WHAT MATTERS MOST

Focus on health and happiness with help from **UT LivingWell**.



An improvement is coming your way! Our well-being program, **UT LivingWell**, is upgrading to **WebMD ONE** on Sept. 1. **UT LivingWell** will use the power of **WebMD ONE** to provide you with a suite of trusted new tools and an experience that matches your unique goals, interests and lifestyle.

- **A custom experience** – The Health Assessment gives you a personalized health report and customizes your homepage to match your goals.
- **Specific support** – Use the Daily Habits tool to track your goals and get day-to-day reminders. Find Plans for exercise, nutrition, sleep, stress and more.
- **Content you care about** – Find articles, videos and podcasts that are tailored to your goals.
- **Easy activity tracking** – Visit the Device and App Connection Center to track and upload activity with a fitness device or app.
- **Results you can see** – View your whole Health Record in one secure place.
- **Personalize your experience** – To enjoy the new and improved **UT LivingWell**, register starting Sept. 1. Everyone will need to create a new account, even if you have one with our current program.

## DOWNLOAD OUR APP

1. Beginning Sept. 1, visit the Apple App Store or the Google Play Store and search “Wellness At Your Side.”
2. Download the app and enter your connection code: **UTSystems**
3. Register and personalize your experience by answering a few questions.



Get started on Sept. 1, 2026, at [www.webmdhealth.com/UTS](http://www.webmdhealth.com/UTS)