



# Health Benefits



*Putting the pieces together to improve your health*

## January Wellness Webinar

**Topic: High Blood Pressure: Are you at risk?**

**Date:** Thursday, January 12, 2017

**Time:** 11:00 am, Eastern Standard Time (New York, GMT-05:00)

**Meeting Number:** 800 709 613

**Meeting Password:** bloodpressure

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**To Join the Online Meeting**  
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1. Go to <https://kponline.webex.com/kponline/j.php?MTID=me1cc2b53b20bcd5850059e0d0ac1a8e2>
2. If requested, enter your name and email address.
3. If a password is required, enter the meeting password: **bloodpressure**
4. Click "Join".
5. Follow the instructions that appear on your screen.

To view in other time zones or languages, please click the link:

<https://kponline.webex.com/kponline/j.php?MTID=m216b7a19c4e7965f94808cbc3b3d0781>

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**To Join the Audio Conference Only**  
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To receive a call back, provide your phone number when you join the meeting, or call the number below and enter the access code.

**US Toll:** [+1-707-256-2401](tel:+17072562401)

**Access Code:** 800 709 613

Having trouble dialing in? Try these backup numbers:

**US Toll Free:** [+1-855-851-8843](tel:+18558518843)

**US Toll:** [+1-707-256-2401](tel:+17072562401)

**Access Code:** 800 709 613