## C House Calls Webinars Schedule

Schedule and topics subject to change based on current events.

| Торіс                                   | Date         |
|---|--------------|
| The 2nd.MD Experience                   | January 19   |
| Cardiac Care & Heart Health             | February 23  |
| Women's Health Panel Discussion         | March 16     |
| Men's Health Panel Discussion           | April 27     |
| Mental Health – Anxiety and Depression  | May 18       |
| Skin Cancer Prevention                  | June 15      |
| Digestive Disorders                     | August 17    |
| MSK – Back, Knee, Hip and Shoulder Pain | September 14 |
| Breast Cancer                           | October 19   |
| Planning for the New Year               | December 7   |
|   |              |

Note: No planned webinar for July or November. Reason is because these months have been the lowest attended/did meet the minimum attendance expectation (based on 2020-2022 monthly attendance reviews).

## Visit 2nd.md/webinars for the latest webinar dates/info.

| Hi Lori,  |
|---|
| We're excited to continue providing your employees the opportunity to learn from our<br>experts through webinars! Below you'll find the upcoming 2nd MD House Calls Webinars<br>that will take place October-December 2022. Please share these resources and<br>encourage your employees to send in their questions and attend. |
| Join us at these upcoming 2nd.MD House Calls Webinars   |
| Register here: Breast Cancer Awareness: Screenings, Prevention and Next Steps<br>Thursday, October 20 at 12:00 pm CT  |
| Download the flyer  |
| Register here: How 2nd.MD Can Support with a Cancer Diagnosis<br>Thursday, November 10 at 12:00 pm CT   |
| Download the flyer  |
| Register here: Preparing Your Whole Body For the New Year: Mental Health &<br>Nutrition<br>Thursday, December 8 at 12:00 pm CT  |
| Download the flyer  |
| Our House Calls Webinars are great opportunities for your employees to hear directly fror<br>2nd MD expert specialists on relevant health topics.   |
| Visit www.2nd.md/webinar to view a full list of upcoming and recorded webinars.   |
| If you have any questions about our 2nd.MD House Calls Webinars, please reach out to<br>your 2nd.MD account executive.  |
| Best,<br>2nd MD Client Management   |
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Experts in 2022

Quarterly email is sent to clients with the upcoming 2nd.MD House Calls Webinars info. Contact your 2<sup>nd</sup>.MD Account Team if you want to be added to that distribution list.