



## Bringing you the information you need.

Click the link below or use the QR code to connect virtually to us and learn about your benefits at your own pace, and in the comfort of your home.

- Get information about tools to support your physical and emotional well-being.
- Learn about interactive tools and reference guides to find answers to your health questions.
- Learn about ways to maximize your resources.



To view the video presentation for **LACERS** Retirees please visit:  
<https://www.brainshark.com/kp/LACERSWellnessResources> or scan the QR code

