

## Continuing Education Information

This program will provide up to 25.00 credits for case managers, dieticians, nurses, nurse practitioners, PAs, physicians, psychologists, social workers and therapists.  
General attendance certificates will also be made available.

*Health care professionals should claim only the credit commensurate with the extent of their participation in the program.*

## Program Evaluation and Certificate of Credit

### **Credit-Claiming Deadline: April 30, 2023**

To receive continuing education credit for this program, each participant must complete the evaluation and CE credit claiming process by no later than April 30, 2023. Access will not be available after that date. You must complete the Evaluation and Certificate Request to receive your Attendance Certificate.

## Instructions to Claim Credit

- To access the materials, go to [optumhealtheducation.com/mindfulness-q1-2023-live](https://optumhealtheducation.com/mindfulness-q1-2023-live)

To claim credit, you must be logged into your Optum Health Education account. The access information provided for the virtual platform does not work on this website and your registration information will not carry over.

- To log in, scroll to the green bar at the top of the page.
  - If you DO have an optumhealtheducation.com account, click Log in at the top of the page, enter your account information and click LOG IN.
  - If you DO NOT have an optumhealtheducation.com account, click Create account at the top of the page and enter your information. Click CREATE ACCOUNT.
- Once logged into the link above, click on the REGISTER tab, then click CONTINUE.
- In the Activity Progress box on the left, click the down arrow and then Start under Evaluation.
- Complete the Evaluation; follow the prompts at the bottom of the screen to submit and continue to the application for credit, and automatic certificate generation.
- At the end of the process, you will be able to view, save, or print your certificate of participation.

If you have any questions about your participation in this activity, please contact Optum Health Education at [moreinfo@optumhealtheducation.com](mailto:moreinfo@optumhealtheducation.com).