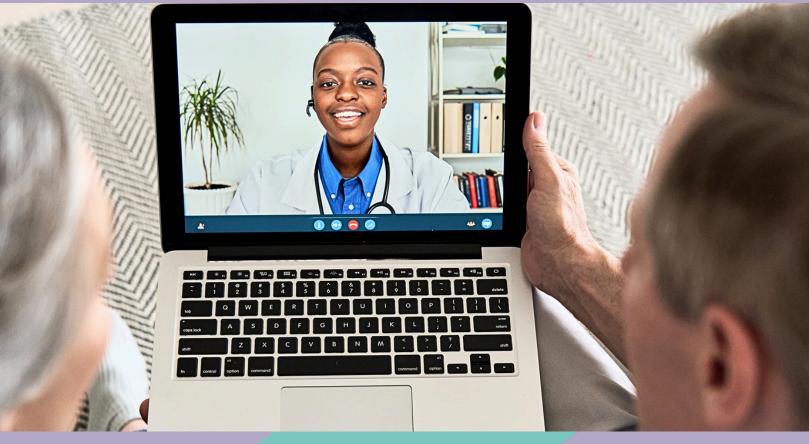


## GREATER TOMPKINS COUNTY MUNICIPAL HEALTH INSURANCE CONSORTIUM



## VIRTUAL MD LIVE CLASS

Need an appointment outside of work hours or on weekends? Join the class to learn how to setup your free MDLive account.

## **DECEMBER 5, 2024 | 12:00PM VIA ZOOM**

EMAIL: HCWELLNESS@TOMPKINS-CO.ORG TO BE SENT THE LINK.

Through Excellus' partnership with MDLIVE, you can schedule sick visits, therapist visits, and more via phone, tablet, or computer— wherever and whenever you need to.

Attend and be entered to win a 40oz Stanley Tumbler!