

Mindfulness Be Here Now:
Living and Working Mindfully for NBNA

This program has been joint-provided by UnitedHealth
Group Center for Nursing Advancement and Moment

Date: May 11, 2015

Time:

8pm Eastern Daylight Time
7pm Central Daylight Time
6pm Mountain Daylight Time
5pm Mountain Standard Time (Arizona)
5pm Pacific Daylight Time
4pm Alaska Daylight Time
2pm Hawaii–Aleutian Daylight Time

WebEx information:

If this is the first time you are using WebEx, we strongly recommend logging in early in case you experience any technical issues.

Please sign into WebEx using your FULL NAME and EMAIL address. This is required for those interested in earning CE credit.

WebEx information: Click on the link below to access the course:

<https://optumtech.webex.com/optumtech/j.php?MTID=mb760252fc9fe204fa26baf018ca819e8>

(if the link does not work, copy and paste it into your browser)

Meeting Password: Mindful

You will also need to connect to the audio conference:

1. Provide your number when you join the meeting to receive a call back. Alternatively, you can call the following number:
US\Canada:**1-763-957-6301**
2. Follow the instructions that you hear on the phone.
Your Cisco Unified MeetingPlace meeting ID: 640 532 790

Course Expectations and Successful Completion:

- Attend the Webcast session in its entirety.
- Complete and submit a course evaluation.
- The instructions to access the evaluation will be provided during the webcast.
- The course evaluation will only be accessible until **May 26, 2015**. No CE credit will be available after this date.
- Upon completion of the evaluation, you will be emailed your course certificate. Please allow 2-3 weeks for processing.

Course Purpose: The purpose of this course is to enable the learner to understand the impact of mindfulness on safe patient care, explore how mindfulness practices help to cultivate resiliency and support well-being and performance. Learners will directly experience a number of mindfulness practices geared toward enabling them to initiate a personal mindfulness practice.

UnitedHealth Group Center for Nursing Advancement is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Target Audience: Licensed Nurses

Learner Objectives:

At the end of this educational activity, the learner will be able to:

- Explain brain science, resiliency, and the link to mindfulness as a tool to promote well-being and performance.
- Apply basic mindfulness practices.

Nursing Contact Hours:

This course provides **1.50** nursing continuing education contact hours after the learner attends the webcast in its entirety and completes and submits a course evaluation.

Planning Committee:

Nurse Planner/Target Audience Representative/ Content Reviewer:

Melissa B. Smith, RN, MSN, GNP-BC

Content Expert & Course Presenter:

Dawn Bazarko, DNP, MPH, RN

Content Experts:

Lisa Fittipaldi, MBA, JD, BA

Others participating in the planning committee:

Erik Hokenson

Conflicts of Interest: The course planners, content reviewers, content experts, and presenters disclose no conflicts of interest relative to these educational activities and have reported that they have no relevant financial relationships with commercial interests. If there were, we would resolve conflicts of interest via a meeting with the Nurse Planning Committee.

Sponsorship: The UnitedHealth Group Center for Nursing Advancement gratefully acknowledges the sponsorship provided by The National Black Nurses Association. The content integrity of this activity has been maintained and bias has been prevented by: the Presenter/Author of this course has been informed of the UnitedHealth Group Center for Nursing Advancement sponsorship policy/procedure and agrees to not promote the products or entity providing the in-kind support.

Commercial Support: No commercial support was received for this course.

Non-Endorsement of Products: The presence of commercial exhibits in this course does not imply endorsement by UnitedHealth Group Center for Nursing Advancement or the American Nurses Credentialing Center's Commission on Accreditation.

For questions regarding this learning activity, please contact Melissa B. Smith at m_smith@uhc.com.