Session 4
Tool Time Tuesday
UT Wellness, Recording Sessions, SnagIt Tips

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UT Wellness Resources – Free!

◉ Hinge Health - Programs for back, knee, hip, shoulder, and neck

◉ Omada – Program for weight loss and reduction of hypertension.

◉ Livongo – Type 1 or 2 Diabetes assistance. Free glucometer, free test strips, and coaching.

◉ Ergonomics checklist and Work from home checklist

◉ MDLive – Doctors and psychiatry visits

Recording Sessions

◉ **UT System Rules**

◉ Ask for permission, cut out attendees if possible, non-employees need to sign a media release form if they are featured in a recording.

◉ **What we use:**

  ○ SnagIt – Download through the software center or contact 4-INFO 713-794-4636

  ○ Camtasia Relay –Request an account and complete a certification

SnagIt Tips

◉ Three tabs: All in One; Image; Video

◉ Annotations**:** Add arrows, text, numbers, stamps (emojis or icons); magnify, highlight, crop, or blur text

◉ SnagIt Tutorials: https://www.techsmith.com/tutorial-snagit.html

WebEx Follow-up

◉ **Host Key** – Allows you to have a secondary host without your attendance. Create invite in Outlook, login to mdacc.webex.com, get the host key. The alternate host will enter the WebEx room, go to "Participant" and "Reclaim Host Role"

◉ **Personal Room** – Lobby only exists in the personal room. It's not available in a regular meeting room.

◉ **Toll Free Numbers** – These are linked in the Outlook invite.