

Turn downtime into Uptime



Optum® Self-learning by Uptime is a micro-learning app that extracts life lessons from some of the most popular books, courses, documentaries and podcasts and packs them into 5-minute knowledge hacks you can consume on the go.



Learn from world experts, like Stephen Hawking, Sheryl Sandberg and Simon Sinek.



Preview titles you've heard about, like *10% Happier*, *You're Not Alone*, *The Book You Wished Your Parents Had Read (and Your Children Will Be Glad You Did)*.



Accelerate your emotional wellbeing and personal growth and improve your physical, social and financial wellbeing.



Download the app as part of your benefits at no extra cost.

Get smarter faster

Visit <https://to.uptime.app/optum-Pfisd> on your mobile device to get started.

Optum provides health and well-being information and support as part of your health plan. It does not provide medical advice or other health services and is not a substitute for your doctor's care. If you have specific health care needs, consult an appropriate health care professional. The information in the above resources is not meant to replace professional advice or imply coverage of specific services or products.

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are trademarks or registered marks of the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

© 2024 Optum, Inc. All rights reserved. WF12944811 316314-022024 OHC

4,300+ knowledge hacks across 18 topics, including:

Personal growth

- The Foundations of Happiness at Work
- Work Smarter: Live Better
- Public Speaking
- High Performance: Lessons from the Best on Becoming Your Best

Mind & Philosophy

- The Expectation Effect
- The Art of Resilience
- The Mindful Day

Health & Fitness

- Positive Discipline
- Sustainable Food Systems
- The Science of Exercise

Money & Investing

- The Psychology of Money
- The Money Diet
- Guide to Investment Strategy

And many more