

Member Connections



A Monthly Newsletter from HealthTeam Advantage

December 2023 Edition



Finish the Year Strong

Don't wait until January to set goals and create healthy habits! A strong finish to this year can help you jump start the new year with confidence. Get tips from SilverSneakers® on how to finish 2023 strong — and get a healthy start in 2024.

[Tips for Finishing Strong](#)



Taking Care of Your Mental Health

During the busy holiday season, it's important to remember that your mental well-being is just as important as your physical well-being. Learn how to recognize the warning signs and get tips for boosting your mental health.

[How to Nurture Your Mental Health](#)

New Year, New Benefits!

Have you heard about the exciting new over-the-counter benefit (OTC) added to all 2024 HealthTeam Advantage plans?

Think about all the OTC medications and supplies you purchase throughout the year — everything from non-prescription pain relievers and allergy medications to vitamins and first aid kits. These items can get expensive, especially if you are managing a chronic condition.

To help you with the cost of these supplies, your 2024 plan includes a HealthTeam Advantage debit card to purchase OTC items from participating retailers. Amounts vary by plan:

- **PPO I:** \$40 per quarter
- **PPO II:** \$75 per quarter
- **Eagle (PPO):** \$125 per quarter
- **Diabetes & Heart Care (HMO CSNP):** \$60 per quarter
- **Cardinal (HMO):** \$175 per quarter

Please note that you can carry any unused portion to the next quarter, but you **must use this benefit by December 31, 2024.** (If you're an HMO CSNP member who received this benefit in 2023, you must use that benefit by the end of this year.)

Debit cards will be mailed to members with a catalog of eligible OTC products. Look for these materials in your mailbox in late December.

Important Reminders

Have you been putting off that flu shot? It's not too late! According to the CDC, there are [high levels](#) of flu and other respiratory illnesses in North Carolina, so please talk with your provider about getting the flu shot.

Need help finding a provider? Just reach out to your Healthcare Concierge at 888-965-1965 (TTY 711).

Coming Soon: Preferred Pharmacies

Starting January 1, you'll have a new way to save money on your prescription medications. Use a **Preferred Pharmacy** location to get a lower copay on prescriptions in Tiers 1 and 2.

Here's a list of HTA Preferred Pharmacy locations for 2024:

- Cone Health Community Pharmacy
- CVS
- Wal-Mart
- Harris Teeter
- Many [independent pharmacies](#)

Please refer to your plan's [Summary of Benefits](#) for more information on Preferred Pharmacies.

AEP Ends December 7

Just a reminder that the Annual Enrollment Period ends on Thursday, December 7. You don't need to do anything during AEP unless you want to change plans. Thank you for being a HealthTeam Advantage member!

Local Benefit Center Opens in High Point

Have you heard about our Local Benefit Center (LBC)? This new space gives members a place to meet with our Healthcare Concierge team. There's also room for classes and social events, so stay tuned for details!

The LBC is located at the Shoppes at Deep River in High Point ([5815 Samet Dr., Suite 107](#)). Hours are 9 am to 4 pm, Monday through Friday. Please stop by to say hello!



HTA in the Community

Come be a part of the excitement this December!

HealthTeam Advantage invites you to join us for a series of enjoyable and informative events in our community! We can't wait to see you there!

[December Community Events](#)



Join Us for Lunch and Music

This December, we are proud to sponsor Rural Outreach programs with Guilford County and Senior Resources of Guilford. Join us for free lunch and entertainment at a location near you.

For reservations, call Larry Kirwan or Connie Hicks, 336-373-4816, ext: 265.

December 6 at 10:30 am

Featuring Ronnie Conaway

Oak Ridge First Baptist Church, 2445 Oak Ridge Rd., Oak Ridge

December 12 at 10:30 am

Featuring Ronnie Conaway

Shady Grove Wesleyan Church, 119 Bunker Hill Rd., Colfax

December 14 at 10:30 am

Featuring The Mood Swingz

Stokesdale United Methodist Church, 8305 Loyola Dr., Stokesdale

December 21 at 10:30 am

Featuring The Mood Swingz

Summerfield First Baptist Church, 2300 Scalesville Rd., Summerfield



Healthy Recipes

As the holiday season approaches, it's good to have some new recipes on hand. Visit our [YouTube channel](#) to see **Chef Rocky Cordova** create healthy dishes with our **health coach and dietitian, Jennifer Weyrauch**. Recipes include easy shrimp and broccoli, mouthwatering turkey burgers, and roasted chicken and ratatouille, and more!

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