

Healthy Wise

Insights For Better Health Through Better Living

Winter 2023



Helping You Stay Healthy

Our mission is to improve the health and well-being of HealthTeam Advantage members through personalized service, quality, and enhanced care experiences. Simply put, we want to help you stay healthy. Here are a few ways we do that.

Fast, Local Service

Need help finding a provider or making an appointment? Have questions about your benefits or need details about a claim? Our Healthcare Concierge (HCC) team gives you the personalized service you deserve. Your HCC is a local expert who gets to know you and your healthcare needs. When you call, you'll get fast, reliable information instead of waiting on hold.

Preventive Care

When it comes to healthcare, you may think about going to the doctor when you're sick or getting your prescriptions filled. But preventive care is also key to maintaining your health, so we cover services such as physical exams, Annual Wellness Visits, screenings, vaccinations, and dental checkups. (See your Evidence of Coverage for details.) We also offer SilverSneakers fitness benefits and the Living Plus wellness program at no cost to you.

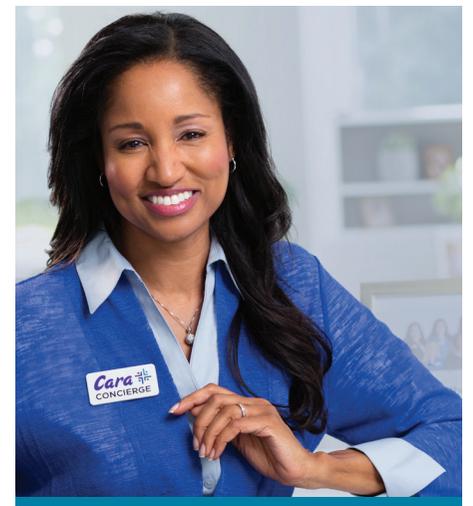
Care Management

If you have multiple chronic conditions, you may need in-home medical services or help coordinating your care. Eligible members can receive this specialized care from Landmark Health at no additional cost. To learn more, visit HealthTeamAdvantage.com/members/landmark-health.

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Look inside to learn more about:

- ◆ Making the most of your benefits
- ◆ SilverSneakers®
- ◆ Colonoscopy facts
- ◆ Community events
- ◆ And more!



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Make the Most of *Your Benefits*

You probably know it's important to see your healthcare provider regularly to stay healthy. But what if you need glasses or you're having trouble hearing? What if your provider says you need physical therapy? And what about dental coverage?

Here are some of the highlights from our PPO and HMO plans. Please see your Evidence of Coverage for complete details. You can visit HealthTeamAdvantage.com/members to view all your plan documents.

Dental Care

- ◆ Routine dental/preventive services are covered at no cost to you. \$750 annual maximum.
- ◆ Comprehensive dental services* such as fillings, dentures, crowns, extractions, implants, and periodontics are covered at no cost to you. \$3,000 annual maximum.
- ◆ Our dental benefits are provided through Delta Dental of North Carolina, which offers the state's largest network of dentists.



Rehabilitation Services

- ◆ Copays for occupational therapy range from \$10-\$20 in network based on your plan.
- ◆ Copays for physical therapy or speech therapy range from \$15-\$20 in network based on your plan.

Hearing Services

- ◆ Diagnostic hearing exams and routine assessments for hearing aids are covered. Copays range from \$0 to \$45 based on your plan.
- ◆ There is a \$0 copay for fitting and evaluation of hearing aids. Unlimited visits.
- ◆ Hearing aids from TruHearing cost \$499-\$799 per aid. Up to two (one per ear) per year.
- ◆ TruHearing providers must be used for routine hearing and hearing aid benefits.



Vision Benefits

- ◆ Routine eye exam is covered with a \$0 copay in network.
- ◆ Single vision, lined bifocal, trifocal, and lenticular lenses covered in full in network.
- ◆ \$200 allowance for frames or contact lenses in network.
- ◆ Vision benefits are provided through VSP Vision Care.

Mental Health Benefits

- ◆ Copays for outpatient individual or group therapy range from \$0-\$25 in network based on your plan.



Get Active!

Your SilverSneakers benefit offers a variety of ways to help you achieve your best health, physically and mentally.

- ◆ Thousands of participating locations nationwide, including basic amenities*
- ◆ Classes for all fitness levels with instructors trained in senior fitness**
- ◆ Community fitness for exercise and social opportunities outside the gym
- ◆ SilverSneakers LIVE virtual classes and workshops throughout the week
- ◆ SilverSneakers On-Demand workout videos available 24/7
- ◆ SilverSneakers GO app to schedule workouts, find locations and more!

Talk with your doctor before starting a new exercise program.



SilverSneakers®



Sign up for
SilverSneakers at
no cost to you!

HealthTeamAdvantage.com/fitness



*Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

**Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved.

Community Events

Join us this Spring for fun educational activities & fellowship!



Multicultural Chair Dancing

Roy B. Culler Jr. Senior Center

921 Eastchester Dr., High Point

Learn dances from seven different cultures while seated in a chair! Classes held on **Tuesdays at 10 am (March 7, 14, 21, and 28)**. Registration is required; call 336-883-3584.

Elks Lodge Senior Breakfast

2201 W. Cornwallis Dr., Greensboro

8:30 am, March 16 and April 20 (third Thursday of every month)

Call 336-288-5100 for more information.

BINGO!

Asheboro Senior Center

347 W. Salisbury St., Asheboro

Free Bingo: **March 13 and April 10**

- ◆ Refreshments served at 1 pm.
- ◆ Bingo starts at 1:30 pm.

RCARE Reidsville Senior Center,

102 N. Washington Ave., Reidsville

Free Bingo: **March 16 and April 20**

- ◆ Bingo starts at 1 pm.



Healthy Living for Your Brain and Body Series

Kernodle Senior Center

1535 S. Mebane St., Burlington

Learn lifestyle habits that can help keep our brains healthy as we age. Includes expert speakers, an interactive presentation, time for discussion, and a bag lunch.

- ◆ Music, the Mind, and Memory

March 15, 11 am-12:30 pm

- ◆ Cooking Demonstration

April 19, 11 am-12:30 pm

Registration is required; call 336-222-5135.



Spring Artisan Showcase

Greensboro Performing Arts

7200 Summerfield Rd., Summerfield

April 15, 10 am-4 pm

Want to support local artisans and vendors? Get ready to shop at the Spring Artisan Showcase!

Spring Artisan Festival

Gypsy Road Brewing Company

1105 E. Mountain St., Kernersville

April 22, Noon-8 pm

You can eat, drink, enjoy music, and shop local vendors at the Spring Artisan Festival.

Free Email Newsletter We have a monthly email newsletter just for members! Get the latest news, tips for staying healthy, information about classes and events, and more. Visit [HealthTeamAdvantage.com/newsletter](https://www.healthteamadvantage.com/newsletter) to subscribe.

Colonoscopy Fears and Facts

By Dr. Beth G. Hodges



Dr. Beth Hodges is a family practice and palliative care/hospice physician in Asheboro, N.C., as well as a part-time medical director for HealthTeam Advantage.

Did you know that colon cancer is diagnosed in more than 140,000 Americans each year?

Since March is Colorectal Cancer Awareness Month, it seems like a good time to separate fact from fiction about the colonoscopy, which screens for colon cancer.

First, some important statistics:

- ◆ If the cancer is found early, while still in a local growth (called a colon polyp), during a routine screening colonoscopy, the survival rate at five years is 91-95%.
- ◆ If a patient waits until symptoms like bleeding, pain, or unexplained weight loss occur, the cancer has usually spread. The five-year survival rate goes down to 8%, even with chemotherapy and/or radiation added to the surgery.

Even armed with those facts, some people still refuse a colonoscopy. Here are some common fears I hear from my patients — and what you need to know about them.

Fear of pain. That's easy. You will be sedated for the procedure, so it should not be painful.

Fear of embarrassment. It's really not embarrassing. The providers do this procedure all day long and are very matter of fact about the whole procedure.

Fear of anesthesia. The anesthesia is mild and usually quite well tolerated. It's just like taking a nap, and when you wake up, you get to eat!

Fear of the prep involved. Granted, this is a legitimately obnoxious process, but short-lived and handled in the privacy of your own bathroom. Some of the older preps were more unpleasant. Now there are a few options, but a lot of doctors recommend a very large dose of a laxative (polyethylene glycol mixed with Gatorade).

Fear of the cost. Good news — colonoscopies are Medicare-covered screening exams. As a HealthTeam Advantage member, you will have a \$0 copay for the procedure, or a \$30 copay if you choose a facility outside our network.

Screening colonoscopies are covered every 2-10 years, based on your risk of colorectal cancer. (If polyps are found, the physician may convert a screening to a diagnostic colonoscopy and additional charges apply.) If you have questions, please contact your Healthcare Concierge at 888-965-1965.

Hopefully this information has reduced any anxiety you have about the procedure, but some people will refuse a colonoscopy no matter what. If that's the case, ask your provider about less invasive screening options, such as Cologuard®.

With proper screening, almost all colon cancer deaths could be completely avoided.



How to Find an In-Network Provider

Good news — our provider network has grown! As of January 1, Novant Health has joined our strong network of healthcare providers.

Are you looking for a new provider or wondering if yours is in network? You can get the latest information from our online directory, which is updated several times per week. Here's how:

- ◆ Visit HealthTeamAdvantage.com/medicare-provider-search.
- ◆ Click the Medical button.
- ◆ Select the type of plan you have (PPO or CSNP).
- ◆ You'll be prompted to search by name or provider type. Enter the information and click the Search button.

Of course, you can also call your Healthcare Concierge for assistance at 888-965-1965.

