

Member Connections

A Monthly Newsletter from HealthTeam Advantage

February 2024 Edition



Make Your Heart Happy

February is American Heart Month. To celebrate, let's explore how to make your heart happy year-round with these tips from the National Heart, Lung, and Blood Institute.

[Tips for Heart-Healthy Eating](#)

Know Your Benefits: Dental

Need a refresher on your 2024 dental benefits from HealthTeam Advantage? These flyers can help! Just click the link for your plan to view and print the dental details:

- [HTA Plan I and Plan II \(PPO\)](#)
- [HTA Eagle Plan \(PPO\)](#)
- [HTA Diabetes & Heart Care Plan \(HMO CSNP\)](#)
- [HTA Cardinal \(HMO\)](#)

Need more information? Check your [Evidence of Coverage](#) for full details.

What is an Annual Wellness Visit and why do I need one?

You may think you don't need an Annual Wellness Visit if you already go for your annual physical. Learn why both visits are important for your health.



[What is an Annual Wellness Visit?](#)



Tips for Cancer Prevention

Wondering what you can do to reduce your risk of cancer? In honor of National Cancer Prevention Month, here are some tips from the National Council on Aging — plus a list of suggested screenings to discuss with your healthcare provider.

[Cancer Prevention Tips](#)

Important Reminders

Cone Health Urgent Care Opens in Winston-Salem

HealthTeam Advantage (HTA) members have an additional urgent care option in the Winston-Salem area. This new facility is in-network for HTA members. Services include onsite x-rays and basic lab services.

The new [Cone Health Urgent Care at Burke Mill Village](#), located near Hanes Mall at 3370 Frontis Street, is open from 8 am to 8 pm Monday–Friday and 8 am to 4 pm on weekends.

You can find a complete list of providers in our online [Provider/Pharmacy Directory](#). And as always, please contact your [Healthcare Concierge](#) with any questions.

Over-the-Counter Benefit

Just a friendly reminder that your HealthTeam Advantage plan includes an OTC benefit through NationsBenefits®.

Use your Benefits Mastercard®, a prepaid debit card, to purchase a variety of OTC items, such as first aid and medical supplies, pain relievers, cold and flu medications, diabetes supplies, vitamins, dental care products, and more! For more information, read our recent [Member Alert](#).

Memory Fitness Benefit

Did you know that your HealthTeam Advantage plan also includes a Memory Fitness benefit from BrainHQ®? With this new benefit, you have access to computerized games that work to improve brain health and function.

For details, visit hta.brainhq.com. Be on the lookout for an email from BrainHQ with more information.

HealthTeam Advantage in the Community

Join the fun this February with HealthTeam Advantage! Come be a part of our community events – they're enjoyable and full of useful information. We're looking forward to having you there!



Morning Stretch: Movement for Older Bodies

February 15 at Noon (or 11:30 for lunch)

Senior Resources of Guilford, 1401 Benjamin Pkwy., Greensboro

Learn about enjoyable exercises (and their importance!) from our wellness coordinator, Savanna. Come at 11:30 for lunch and stay for the class. An RSVP is required for lunch. [Visit the Adult Children of Aging Parents website](#) to RSVP or watch a livestream of the event.

Moment in Time Memory Café

February 20 from 1:30–3:30 pm

Jamestown UMC Campus, 403 E. Main St., Jamestown (Park and enter at Fellowship Hall. Follow the purple signs!)

People with dementia and their caregivers are invited to relax, play games, and enjoy music and snacks. Chinese New Year is the theme for this month's gathering, which will include chair exercises with our wellness coordinator, Savanna. **To register or get more information, contact Laura Gullede at 336-906-0430 or lauragullede@gmail.com.**

Mardi Gras Senior Social

February 22 from 5:30–8:30 pm

Elks Lodge 602, 2201 W. Cornwallis Dr., Greensboro

Join us for some Mardi Gras fun! Enjoy music by the Rob Massengale Trio, a cash bar, and appetizers. **RSVP to the Elks Lodge office at 336-288-5100.**

Conversations About Parkinson's Symposium

March 2 from 9 am–2 pm

Bryan Park Golf and Conference Center, 6275 Bryan Park Rd., Greensboro (also available virtually)

Hear from a panel of experts at this Carolinas Chapter Parkinson's Symposium from the Parkinson's Foundation. Learn about research, current treatment, and other resources to help those living with Parkinson's. [Register online](#) (to attend in person or virtually) or call Diana at 336-817-4190.

Healthcare Power of Attorney and Living Will Workshop

March 7 from Noon–2 pm

Senior Resources of Guilford, 1401 Benjamin Pkwy., Greensboro

This free workshop will provide you with all the information you need, plus base documents and paperwork. Notaries will be available to finalize your documents. [Register online](#) with the [Carolina Aging Alliance](#). Free lunch will be provided.

Kilometers Over Cancer Tournament Trot

March 9 at 8:30 am (5K) or 8:45 am (1-mile Fun Run/Walk)

Greensboro Coliseum Complex, Piedmont Hall, 1921 West Gate City Blvd., Greensboro

This event benefits [Earlier.org](https://earlier.org), a local nonprofit focused on identifying an earlier biological detection test for breast cancer. **You can register online for the 5K (\$35 plus a \$4 signup fee) or the 1-mile Fun Run/Walk (\$20 + a \$3.25 signup fee).**

[February Living Plus Full Calendar of Events](#)

Questions or Need Assistance?

Contact your Healthcare Concierge by phone or email.

Phone: 888-965-1965 (TTY 711)

Email: conciiergehta@htanc.com

October 1 – March 31, 8am to 8pm ET, seven days a week
April 1 – September 30, 8am to 8pm ET, Monday through Friday



Have a compliance concern or suspect fraud, waste, or abuse?
Contact the Compliance Helpline (anonymously, if you wish) at:
[1-855-741-4518](tel:1-855-741-4518) or www.hta.ethicspoint.com

© 2024 HealthTeam Advantage, all rights reserved. HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have medical questions, consult your medical professional.

MULTI-PLAN_24FebMN_C

HealthTeam Advantage, 300 E. Wendover Ave., Suite 121, Greensboro, NC 27401, USA,
(888) 965-1965
[Unsubscribe](#)