

Member Connections

A Monthly Newsletter from HealthTeam Advantage

April 2024 Edition



6 Ways to Deal with Stress

April is National Stress Awareness Month, and you may be all too familiar with some of the symptoms, such as headaches, sleep problems, and digestive issues. Get six tips for dealing with stress in this article from the National Council on Aging.

[Tips for Reducing Stress](#)

Know Your Benefits: Hearing

People don't always realize they have hearing loss, so it's important to get your hearing checked — and to remember your HealthTeam Advantage benefits.

Our PPO I, PPO II, and Diabetes & Heart Care (HMO CSNP) plans include hearing benefits through TruHearing®. Coverage includes up to two hearing aids per year from TruHearing. Prices range from \$299–\$799 per aid. You can learn about the different features of hearing aids by visiting the [Hearing Health](#) section of our website.

If you're on the Cardinal (HMO) or Eagle (PPO) plan, you can use your Flexible Wallet Benefit toward hearing expenses with no network requirements.

Please refer to your [Evidence of Coverage](#) for more details on your hearing benefits or contact your Healthcare Concierge with questions.



Earn College Scholarships for Your Loved Ones

Here's another reason to activate your SilverSneakers® membership: You can earn college scholarships for your grandchildren by working out! Start by earning a \$1,000 scholarship just by signing up for the Tuition Rewards program. Get program details and see a list of participating schools by visiting [silversneakers.tuitionrewards.com](#).

Save Your OTC Debit Card!

A friendly reminder about your Over-the Counter (OTC) Benefit: **Please keep your prepaid debit card, the Benefits Mastercard®, for the entire year.** Benefits will be loaded onto the debit card quarterly so that you can purchase OTC items. (Amounts vary by plan; consult your [plan documents](#) for details.)

Remember that you can roll your allowance to the next quarter, but you must use all your benefit by **December 31, 2024.**

Healthy Recipe of the Month

Our Living Plus team is always on the lookout for healthy recipes. We asked them to share some of these simple, delicious recipes with you. So how do No-Bake Chocolate Cookies sound?



[Get the Recipe](#)

Don't Forget Your Feet

Did you know that about half of people with diabetes have some type of nerve damage? That's why it's so important to check your feet every day for cuts, redness, swelling, or any other changes. The Centers for Disease Control and Prevention offers tips for keeping your feet healthy in the article below.

[Tips for Healthy Feet](#)

The HealthTeam Advantage Diabetes & Heart Care (HMO-CSNP) plan has a \$0 copay for foot exams and routine foot care. Refer to your [Evidence of Coverage](#) for details.



How Pickleball Can Help You

April is National Pickleball Month, so let's talk about the health benefits of the game with the funny name. In this article, our friends from SilverSneakers explain how this popular sport can be a game-changer for older adults.

[The Power of Pickleball](#)

HealthTeam Advantage in the Community

Join the fun this April 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!

[Find us in the Community!](#)



Living+PLUS
ADDING LIFE TO YOUR YEARS

[Living Plus Calendar](#)

Our Living Plus health and wellness program focuses on active living, healthy eating, and social connections for all abilities. Check out our events in your area!

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

healthteam advantage



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

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