



Taking Care of Your Mental Health

During the holiday season, remember that your mental well-being is just as important as your physical well-being. Often, the two go together, so recognizing the signs and seeing your healthcare provider is the first step toward treatment.

[Mental Health Tips and Resources](#)



'Tis the Season to be Active

Winter wonderlands. Tempting smells of chestnuts roasting. Parties everywhere. It may be tempting to give up on fitness goals over the holidays, but you can (and should) keep up your health and fitness routine.

[Stay Active with SilverSneakers →](#)



Five Tips for the Holidays

Make yourself a priority this December! Here are some tips to help you get through the holiday season in good spirits.

[Get the 5 Tips →](#)

Healthy Pumpkin Pancakes

Living PLUS
ADDING LIFE TO YOUR YEARS
by HealthTeam Advantage



Pumpkin in December? Yes! It's packed with nutrients, so why limit your pumpkin recipes to Thanksgiving? Savanna, our wellness coordinator, shows you how to make healthy pumpkin pancakes in this step-by-step video.

[Watch the Tutorial →](#)

Holiday Schedule for Papa Pals ❄️

Here's some important information for members who use the Papa Pals benefit:

Can members schedule visits during the holidays?

Yes. You can schedule visits on all holidays except Thanksgiving Day, Christmas Day, and New Year's Day. For visits scheduled around these dates, Papa will re-confirm with members and Papa Pals to ensure availability and do their best to fulfill these requests.



Can members expect longer wait times to schedule visits?

Papa is proactively working to fill all scheduled visits around the holidays. All visits must be scheduled with at least 72 hours' notice.

Please contact your [Healthcare Concierge](#) if you have any questions about your benefits.

Our Holiday Hours

Speaking of holiday schedules, here's what you need to know about HealthTeam Advantage in December:

The Local Benefit Center will be closed from December 24 through December 26. A Healthcare Concierge will be available on Wednesday, December 24, and Friday, December 26.

Please note: There will be no Healthcare Concierge services available on Christmas Day, December 25.



Your Healthcare Concierge is here to help you make the most of your benefits. Just call or email for fast, friendly assistance.

888-965-1965 (TTY 711)
conciergeHTA@htanc.com

8 a.m. - 8 p.m. | Oct. 1 - March 31, 7 Days a Week
April 1 - Sept. 30, Monday - Friday



Looking for some fun holiday activities? Visit our [Community Connections](#) page for a list of free events.

Happy holidays from HealthTeam Advantage! Thank you for being a member.



Need Assistance?

Contact your Healthcare Concierge today!

📞 **Phone:** 888-965-1965 (TTY 711)

✉️ **Email:** conciergehta@htanc.com

👤 **Meet in person:** [Schedule an appointment](#)

October 1 - March 31, 8am to 8pm ET, seven days a week

April 1 - September 30, 8am to 8pm ET, Monday - Friday