

A Monthly Newsletter from HealthTeam Advantage



Make the Most of Your Benefits in 2026

Thank you for choosing HealthTeam Advantage, whether you're a new member or you've been with us from the start in 2016. We're looking forward to a great year!

Let's start with some links to help you stay up-to-date on your benefits and claims:

- [Member Resources](#) – an overview of what we have online for members
- [What's in Your Plan?](#) – select your plan and get detailed benefit information
- [Member Portal](#) – create an account to view your HealthTeam Advantage claims
- [Member Resource Guide](#) – an online version of our handy guide

Of course, you can always contact your Healthcare Concierge with any questions.

**By Phone**

888-965-1965 (TTY 711)

**By Email**

ConciergeHTA@htanc.com

8am-8pmApril 1-September 30, Monday-Friday
October 1-March 31, 7 Days a Week

For Your Benefit: OTC Allowance

Did you know that all HealthTeam Advantage members have a quarterly allowance for over-the-counter (OTC) supplies? See our [OTC Benefit](#) page for details.

You can also visit the [NationsBenefits@ website](#) to create an account, look up covered items, find participating stores, order online, and see your debit card balance. Returning members can use last year's debit card, which will be loaded with the 2026 allowance. New members should receive a debit card in the mail.

Remember, you receive your OTC allowance at the beginning of each quarter (January 1, April 1, July 1, and October 1), but you cannot carry your allowance from quarter to quarter.



3 Tips for Starting 2026 on the Right Track

January is a great time to refresh your routine — and SilverSneakers® is here to help! Here are three tips to get you on the right track for the new year.

[Start 2026 off Right →](#)



How to Save Money on Prescription Drugs

We all know the cost of medications can add up quickly, especially if you take more than one or are on maintenance drugs. These money-saving tips might help.

[Learn more →](#)



Why Eye Exams Are So Important

January is [Glaucoma Awareness Month](#), designed to educate the public about glaucoma, a leading cause of irreversible blindness that often has no early symptoms. **Eye doctors can detect glaucoma during a dilated eye exam, so it's important to see your eye doctor regularly even if you don't wear corrective lenses.**

Learn more about glaucoma in this [video](#) from the National Eye Institute.
Visit our [website](#) to learn about your vision benefits and search for a provider.



Broccoli Casserole

healthteam
advantage

If you're looking for a winter recipe that's simple, warm, and healthy, how about a casserole? Savanna, our wellness coordinator, shows you how to make broccoli casserole in this step-by-step video.

[Watch the Tutorial →](#)

Free Movie: *Casablanca*

February 5 @ 1 pm (doors open at noon)
Sunset Theatre, 234 Sunset Ave., Asheboro

Here's a fun way to stay warm: Join us for Free Senior Movie Day at Sunset Theatre in Asheboro. The monthly event includes popcorn and a small soda. Get there early for a chance to win door prizes!

Visit our [Community Connections](#) page for the latest event details. To see photos from recent events and connect with us, [follow us on Instagram!](#)



Need Help with Groceries?

As the wintry weather continues and the heating bills increase, you may find yourself a little short of grocery funds. There are resources in North Carolina that can help. Take advantage of this support if you need it! After all, everyone can use a little help at some point. Here are a few:

- [Second Harvest Food Bank](#): Forsyth, Guilford, Randolph, Rockingham
- [Centenary United Methodist Church Food Pantry](#): Winston-Salem
- [Second Harvest Food Bank of Metrolina](#)
- [Greensboro Urban Ministry](#)

Visit these websites if you need transportation to a community food bank:

- www.wstransit.com/transaid
- www.highpointnc.gov/625/Half-Fare-Program
- www.greensboro-nc.gov/departments/transit/access-gso-and-i-ride-paratransit-services
- www.greensboro-nc.gov/departments/transit/fares-and-passes

Need Assistance?

Contact your Healthcare Concierge today!

**Phone:** 888-965-1965 (TTY 711)**Email:** conciergehta@htanc.com**Meet in person:** [Schedule an appointment](#)**8am-8pm**April 1-September 30, Monday-Friday
October 1-March 31, 7 Days a Weekhealthteam
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

© 2026 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_26113_C

[View email in browser](#)[unsubscribe](#)