

A Monthly Newsletter from HealthTeam Advantage



Improve Your Social Health

July is Social Wellness Month, a time to celebrate the value of social support and the long-term benefits of social interaction. Social wellness includes cultivating relationships to create a support system of friends, family, neighbors, and more.

Social health can include making connections, taking care of yourself as you take care of others, and building healthy relationships. And whether you are giving support or receiving it — and hopefully you'll do both — these activities can enhance your quality of life.

Getting Started

Whether you're more introverted or have never met a stranger, you can always improve your social health. Here are several ideas to try:

- Follow through on those promises to get together for breakfast, lunch, or dinner. Set the date before you hang up or walk away.
- Walk with a family member or friend.
- Try something new. If you've always wanted to learn pickleball, for example, there's no time like the present!
- Reconnect with an old friend.

More Ways to Build Social Wellness

The National Institutes of Health (NIH) offers a **free Social Wellness Toolkit** packed with tips for improving social health. Use the button below to access the toolkit.

[Social Wellness Toolkit](#)

Health & Wellness *Workshop*

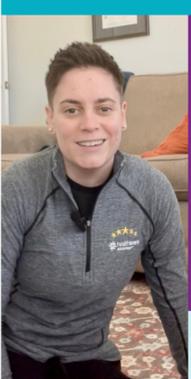
Don't miss the next HealthTeam Advantage Health & Wellness Workshop on July 24!



This free member event will take place at our **Local Benefit Center in High Point**. Get your blood pressure checked, learn why monitoring is so important, get your health and benefit questions answered, enjoy light refreshments, and more.

The workshop runs from **11 am to 2 pm** and is brought to you by our Living Plus wellness program.

[RSVP TODAY!](#)



How to Safely Stand After a Fall

Getting Up after a Fall

We talk a lot about fall prevention at HealthTeam Advantage because we want you to stay healthy and active. (Be sure to check out our fall prevention tips in this new [flipbook](#).) But no matter how careful we are, sometimes falls just happen, and we want you to be prepared.

Our wellness coordinator, Savanna, made a quick video with simple tips to help you get up safely. Watch it now on Instagram and share it with loved ones!

[Watch the Video →](#)



Stay Active This Summer

Getting your daily physical activity in the summer doesn't have to be a chore. Instead, use your chores to get your exercise.

Activities like gardening, yardwork, and cleaning the house can be turned into a workout, which benefits your health. Just remember to be safe — save the outdoor activities for early mornings or evenings during the summer, and don't forget your sunscreen!

[Learn More from SilverSneakers →](#)



Protect Your Eyes

If you're doing any outside activity this summer, **always wear your sunglasses**, even on cloudy days. While clouds can block some sunlight, harmful UV (ultraviolet) rays can penetrate and damage eyes, potentially leading to long-term issues such as cataracts or macular degeneration. Sunglasses can help prevent this damage by filtering out UV light.

[Learn More About Selecting Safe Sunglasses →](#)



Use Your OTC Benefit at Walmart.com

As a HealthTeam Advantage member, you can now use your Benefits Mastercard® Prepaid Card from NationsBenefits® at Walmart.com. Only eligible products such as over-the-counter (OTC) items can be purchased. If you have any questions or need assistance using the card, please contact your [Healthcare Concierge](#).

[View Your Over-the-Counter Benefit →](#)



Community Connections

Looking for something fun to do this summer? From free movies and concerts to bingo and senior breakfasts, you'll find lots of fun activities. We are proud to sponsor these community events, and we hope you'll join us soon!

[Community Connections Page →](#)

⚠ Important Reminders

Please make sure you have a completed [Protected Health Information \(PHI\)](#) form on file. **This allows us to discuss your care with the person you designate.** Without this form, we cannot discuss your PHI, even if there is an emergency, because of HIPAA (Health Insurance Portability and Accountability Act) regulations.

If you have a designated **Healthcare Power of Attorney (HCPOA)**, please make sure we have that information on file as well. You can learn more about the importance of having an HCPOA in place by watching these [videos from Cone Health](#).

If you have questions or want to add information to your file, please contact your [Healthcare Concierge](#).

Need Assistance?

Contact your Healthcare Concierge today!

📞 Phone: 888-965-1965 (TTY 711)

✉ Email: conciiergehta@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