

A Monthly Newsletter from HealthTeam Advantage



## June: Vacations, Graduations, and More

Summer is here, and you may be thinking about vacation. Did you know that all HealthTeam Advantage Plans offer Worldwide Travel Coverage at no extra charge? If your vacation plans will take you outside the United States, be sure to read up on your plan's coverage.

- [Plan I \(PPO\)](#)
- [Plan II \(PPO\)](#)
- [Eagle Plan \(PPO MA-Only\)](#)
- [Vitality Plan \(PPO\)](#)
- [Diabetes & Heart Care \(HMO C-SNP\)](#)
- [Cardinal Plan \(HMO\)](#)

It's also graduation season — if you have grandchildren heading to college now or in the future, you can earn scholarship money from SilverSneakers® just by working out through the Tuition Rewards program. There's a guaranteed \$1,000 scholarship just for signing up! Visit the link below for details and participating colleges. (Remember, your SilverSneakers membership is available at no cost. Visit their [website](#) to get started.)

[SilverSneakers Tuition Rewards Program](#)



## How to Get (and Stay) Motivated

Growing older gracefully isn't about slowing down; it's about staying motivated to care for your body and mind. Whether you're managing a chronic condition or simply want to stay active and engaged, small steps today can help you feel your best tomorrow. Learn these four powerful ways to fuel your motivation from SilverSneakers.

[4 Ways to Get Motivated →](#)



## New Preferred Pharmacy Option

As a HealthTeam Advantage member, you have access to a new preferred pharmacy — the Cone Health Community Pharmacy at Eden. Located at [723 S. Van Buren Road](#), the new location offers prescriptions, OTC items, vaccines, and home delivery services.

[Learn How to Save with Preferred Pharmacies →](#)



## Protect Yourself from the Heat

As summer temperatures climb in North Carolina, it's important to stay safe in the heat (and stay out of it when you can). Here are some tips for staying safe this summer and the warning signs of heat-related illness.

[Stay Safe This Summer →](#)



## Early Detection Saves Lives

June is Men's Health Month, so let's talk about the most common cancer diagnosed among men in North Carolina — prostate cancer. Learn about the risks and why screening is so important. Then ask your provider if it's time for a screening!

[Learn More about Prostate Cancer →](#)



## One Pan Steak Dinner

Who feels like spending hours in the kitchen when it's so hot? Savanna, our wellness coordinator, shows you how to make a quick, healthy steak dinner in this step-by-step video.

[Make a Quick, Healthy Steak Dinner →](#)

# All About Events



### Free Movie: Protocol, starring Goldie Hawn

**July 3 @ 1 pm (doors open at noon)**  
[Sunset Theatre, 234 Sunset Ave., Asheboro](#)

Looking for a fun way to beat the heat? **Join us for Free Senior Movie Day** at Sunset Theatre in Asheboro. The free 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 Assistance?

**Contact your Healthcare Concierge today!**

☎ **Phone:** 888-965-1965 (TTY 711)

✉ **Email:** [conciiergehta@htanc.com](mailto: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