

A Monthly Newsletter from HealthTeam Advantage



## Blood Pressure: Know Your Numbers

Taking your blood pressure is the only way to know if you have high blood pressure (also called hypertension). Nearly half of American adults have high blood pressure, and many don't know it. Learn what the numbers mean, symptoms to look for, and what you can do about high blood pressure.

[Treating High Blood Pressure](#)

Did you know that eating healthy foods can make it easier to control your blood pressure? Learn more in this article from SilverSneakers®, [8 Healthy Foods to Help Lower Your Blood Pressure](#).

## New Cone Health Services Open in East Greensboro

Cone Health has opened three new locations at 1806 E. Market Street in Greensboro:

- [Cone Health Primary Care at The Resurgent](#)
- [Cone Health Urgent Care at The Resurgent](#)
- [Cone Health Center for Women's Healthcare at The Resurgent](#)



**All three providers are in-network with HealthTeam Advantage.** They are located near North Carolina A&T State University and Hwy. 29.

The facility is jointly owned by Cone Health and N.C. A&T State University's Real Estate Foundation. (HealthTeam Advantage is a subsidiary of Cone Health.)



## Test Your Heart Knowledge

Celebrate Healthy Heart Month by taking our heart-healthy challenge. No pressure — the answers are at the end of the quiz!

[Take the Quiz](#) →



## 10 Tips for Healthy Eyes

February is Low Vision Awareness Month, so here are [some tips](#) to help you keep your eyes healthy!

Want to look over your HealthTeam Advantage vision benefits? Just [select your plan](#) and take a peek!

*Looking for a new recipe that's healthy and easy to make?*

Visit our [website](#) for all the delicious details! You can also learn how to prepare healthy meals on our [YouTube channel](#).

## Mardi Gras Senior Social

Join us on **March 5 from 5:30-8 pm** for some fun, food, and fellowship! Our Mardi Gras Senior Social at the [Greensboro Elks Lodge](#) will include music by Rob Massengale, a buffet, and a cash bar. If you'd like to attend, please RSVP by calling the Elks Lodge at 336-288-5100.

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:** [conciergehta@htanc.com](mailto:conciergehta@htanc.com)

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

**8am-8pm** | April 1-September 30, Monday-Friday  
October 1-March 31, 7 Days a Week