

A Monthly Newsletter from HealthTeam Advantage



The Power of Good Nutrition

March is National Nutrition Month, which is a great time to reflect on your eating habits. Good nutrition does more than fill your plate — it helps you feel your best by supporting your energy levels and keeping your body working smoothly.

[Learn How to Feel Your Best](#)



Healthy Recipe for March

Speaking of good nutrition, here's a healthy recipe from our Living Plus wellness program: Easy Beef and Vegetable Stew!

[Watch the Cooking Demo →](#)



Take Care of Your Kidneys

March is National Kidney Month! Your kidneys act as a 24/7 cleaning and balancing crew for our internal environment by filtering out waste. Many common habits can cause kidney damage.

[Protect your kidneys →](#)

Join us for Senior Games & SilverArts!

We are proud to sponsor the 2026 Senior Games in six North Carolina communities:

- [Greater Greensboro Senior Games & SilverArts](#)
- [Piedmont Plus Senior Games & SilverArts](#)
- [Greater High Point Senior Games](#)
- [Alamance/Burlington Senior Games & SilverArts](#)
- [Randolph County Senior Games](#)
- [Rockingham County Senior Games](#)

Sports vary by location and include bowling, pickleball, swimming, tennis, horseshoes, cornhole, shuffleboard, and more. SilverArts includes heritage arts, literary arts, performing arts, and visual arts. Visit the links above for dates and details.



3 Tips for Better Communication with Hearing Loss

Communication can be challenging for those with hearing loss – and for their loved ones. Here are some [tips to help both speaker and listener](#).

People don't always realize they have hearing loss, so it's important to get your hearing checked. That's why HealthTeam Advantage offers **hearing benefits through TruHearing**. Just click on your plan below to review your benefits.

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



Need Assistance?

Contact your Healthcare Concierge today!

 **Phone:** 888-965-1965 (TTY 711)

 **Email:** conciiergehta@htanc.com

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

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