

A Monthly Newsletter from HealthTeam Advantage



**Six Tips for Less Stress**

April is National Stress Awareness Month, and let's face it, most of us could use some help with stress reduction. Here are six tips to help you stress less.

[6 Tips for Less Stress →](#)

**OTC Medications: What You Should Know**

If you suffer with seasonal allergies, Spring often comes with mixed emotions. The high pollen counts have many of us reaching for the tissues this time of year. But here's a friendly reminder: **Please check with your provider** before taking over-the-counter (OTC) medications.

Even if you have taken these for many years, it is always recommended to check that the medication is safe for you to take. This is especially important if you are being treated for any health conditions, such as **hypertension, heart disease, or respiratory conditions**. Not all OTC medications are compatible with prescription medications or other health concerns.



Last but not least, if you need OTC items, remember to use the **OTC benefit** included with your plan.



**Five Steps to Prevent Falls**

Did you know that falls are the **leading cause of injury** for adults 65 and over? Sometimes they lead to serious injuries, such as hip fractures or even traumatic brain injuries. Read our Fall Prevention Guide for advice that can help you and your loved ones stay safe.

[Read Our Fall Prevention Guide →](#)



**Healthy Recipe of the Month**

Looking for a quick recipe to satisfy your sweet tooth? Our registered dietitian, Jennifer, shows you how to make Easy Protein Banana Brownies with just five ingredients!

[Watch the Tutorial →](#)

**Register for a Free Workshop on June 10**

Join us for a **Healthcare Power of Attorney & Living Will Workshop** on Wednesday, June 10, at 10 am. The free workshop will be held at Evergreens Lifestyle Center, 1401 Benjamin Pkwy., Greensboro. Registration is required! Register [online](#) or contact the Evergreens Lifestyle Center at (336) 373-4816, extension 280.

Visit our [Community Connections](#) page for details on more events. 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](#)

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