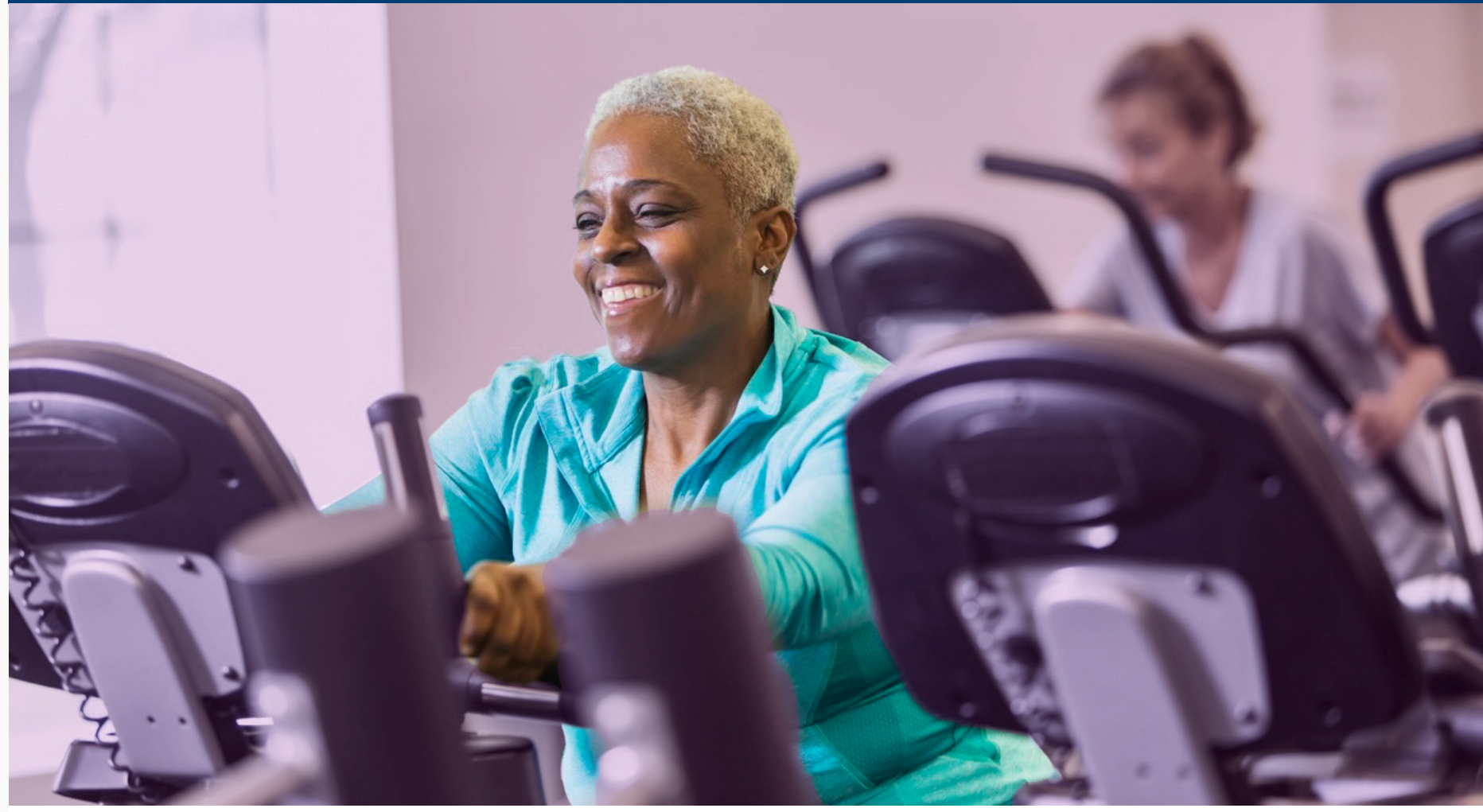


## A Monthly Newsletter from HealthTeam Advantage



### A Beginner's Guide to the Gym

As beautiful spring days transition into summer, you may wonder how you can stay active when the heat is at its worst. How about giving your local gym a try? Activate the [SilverSneakers® membership](#) included with your HealthTeam Advantage plan and choose from a nationwide network of participating locations.\*

Think you'll be intimidated by all the equipment at the gym? Don't be! SilverSneakers has a guide to help you get started: [A Beginner's Guide to the Gym](#). (Always talk with your doctor before starting an exercise program.)

### Papa Pals: In-Home Support

Through our partnership with Papa, most members have access to trained and vetted non-medical helpers called Papa Pals. These helpers can support you with everyday tasks such as running errands, transportation, meal prep, laundry, using technology, and even helping with pets. They also provide companionship and are available in-person and by phone.

Visit <http://www.papa.com/members> to learn more. Contact your [Healthcare Concierge](#) if you would like to use this benefit.

*This benefit is available to members of these HealthTeam Advantage plans: Plan I (PPO), Plan II (PPO), Eagle Plan (PPO), and Diabetes & Heart Care (HMO C-SNP).*



### What You Can Do about Osteoarthritis

May is Arthritis Awareness Month, so let's review the most common type, Osteoarthritis (OA). It's frequently called "wear and tear" arthritis because it develops when your cartilage deteriorates, causing joints to rub together.

[Learn what you can do to prevent, delay, or treat OA →](#)



### How Health Coaching Can Make a Difference

Learn how our Living Plus health coaches helped a member take charge of her health, lose 28 pounds, and reduce her A1C.

[Discover the difference →](#)

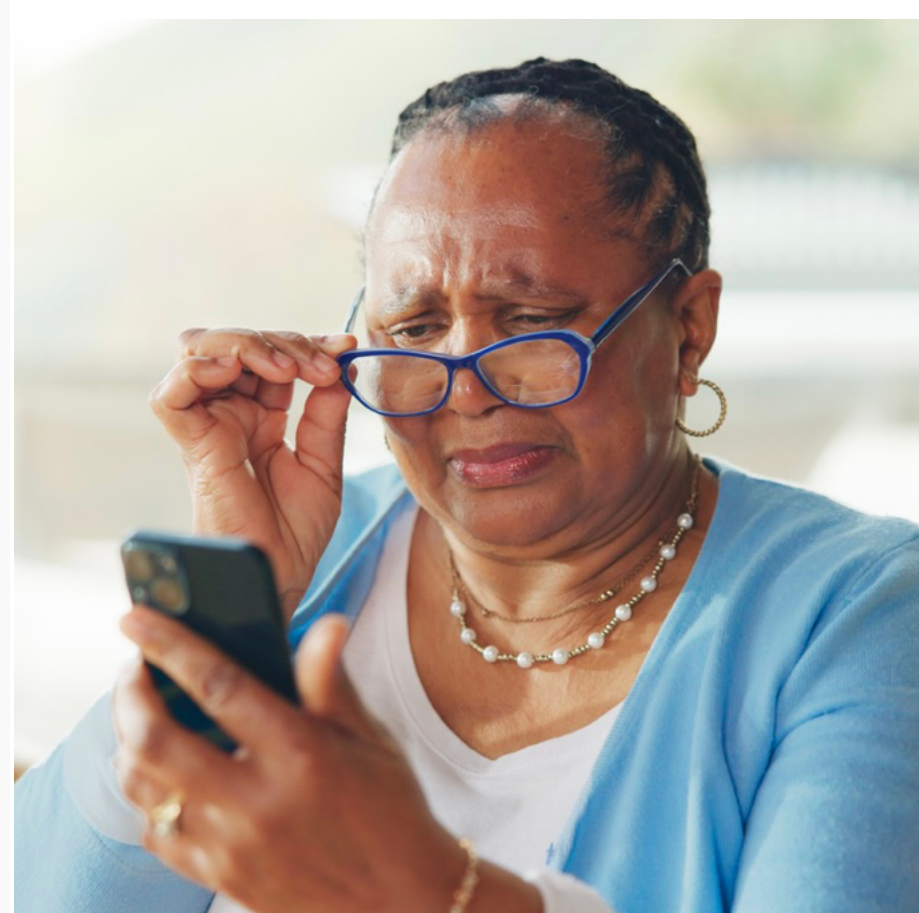


### Healthy Eggs Benedict Casserole

This easy casserole brings together the classic flavors of Eggs Benedict in a simple, shareable dish that's great for brunch celebrations, weekend mornings, or special occasions.

[Watch the tutorial →](#)

[Get the recipe →](#)



### Red Flags for Medicare Fraud

Unfortunately, there are a lot of scammers out there. They call (again and again). They send mail, texts, and email. Some even show up at your door.

These scammers are tricky, so sometimes it can be hard to tell fact from fiction.

[Here are some red flags to watch out for, courtesy of Medicare →](#)

### Free Concert Series in Oak Ridge

We are proud to be a gold sponsor for the 2026 Oak Ridge Music in the Park concert series. Mark these dates on your summer calendar:

- **June 13** featuring Dear Sister (rock and pop)
- **July 11** featuring Special Occasion Band (beach music)
- **August 8** featuring Radio Revolver (rock and blues)

Concerts run from 6–9 p.m. at Oak Ridge Town Park Amphitheater, 6231 Lisa Dr., Oak Ridge. Food trucks and a beverage garden will be available.

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?

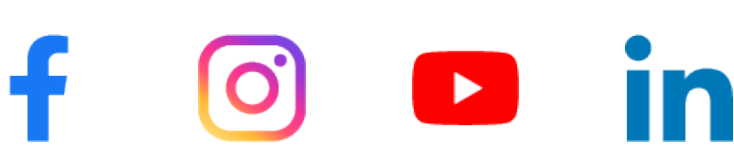
*Contact your Healthcare Concierge today!*

☎ **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



Have a compliance concern or suspect fraud, waste, or abuse? Contact the Compliance Helpline (anonymously if you wish) at: 1-855-741-4518 or <http://www.hta.ethicspoint.com>

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\*Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.