



### Brush Up on Healthy Dental Habits

Good dental hygiene is important to your overall health, no matter what your age. Older adults have a higher risk for dental health problems because of common conditions such as dry mouth, so let's review how to keep your smile in good shape.

[Review the Healthy Habits](#)



### NEW Medicare GLP-1 Bridge Program

Learn about a program that could help cover the cost of some weight-loss medications for Medicare beneficiaries. Eligibility depends on your medical history, BMI, and whether you already qualify through Medicare Part D. The temporary program starts July 1, 2026.

[See if you're eligible →](#)



### Swim into Summer

Looking for a refreshing way to stay active this summer? Swimming and water aerobics offer a low-impact way to move that's easy on the joints while supporting strength and stamina.

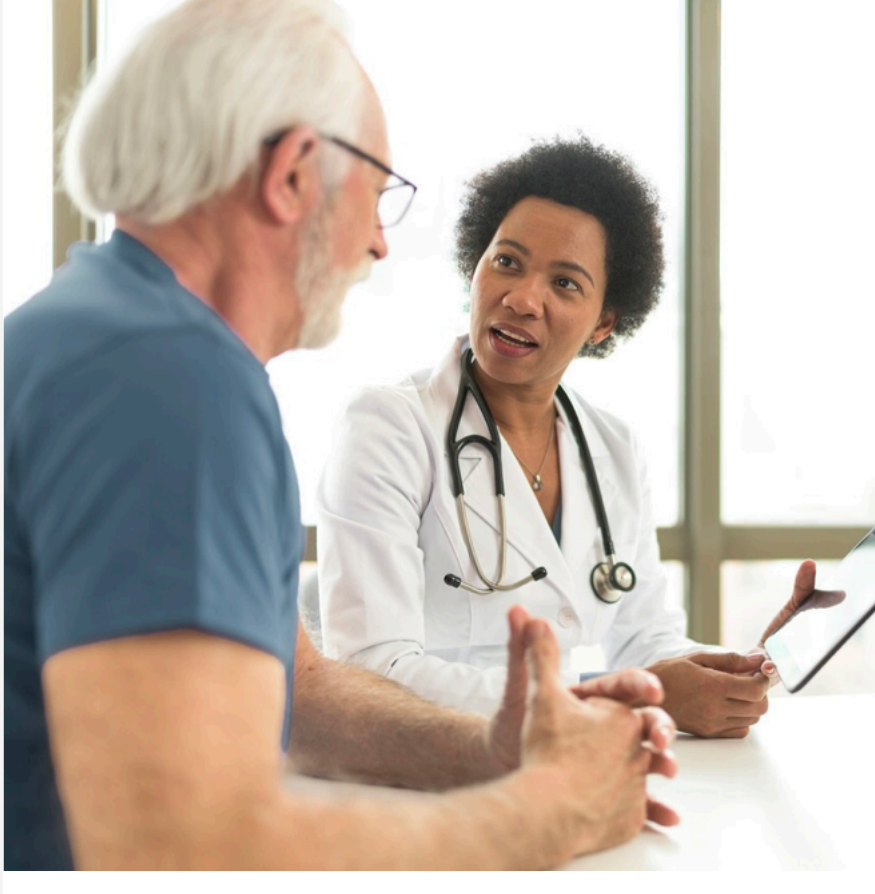
[Dive in for details →](#)



### Filing a Claim for Reimbursement

Here are some common questions and answers about filing reimbursements for medical, dental, vision, and prescription expenses.

[Learn how to file a claim →](#)



### How to Talk with Your Doc

Your health depends on understanding and being able to do what your provider expects you to do following an office visit. Here are a few simple ways to communicate better with your doctor.

[Get tips for better talks →](#)



### Broccoli Grape Pecan Salad

Add some fruits and veggies (and vitamins!) to your Fourth of July picnic with this colorful, crunchy recipe.

[See the recipe →](#)

## Monthly Bingo

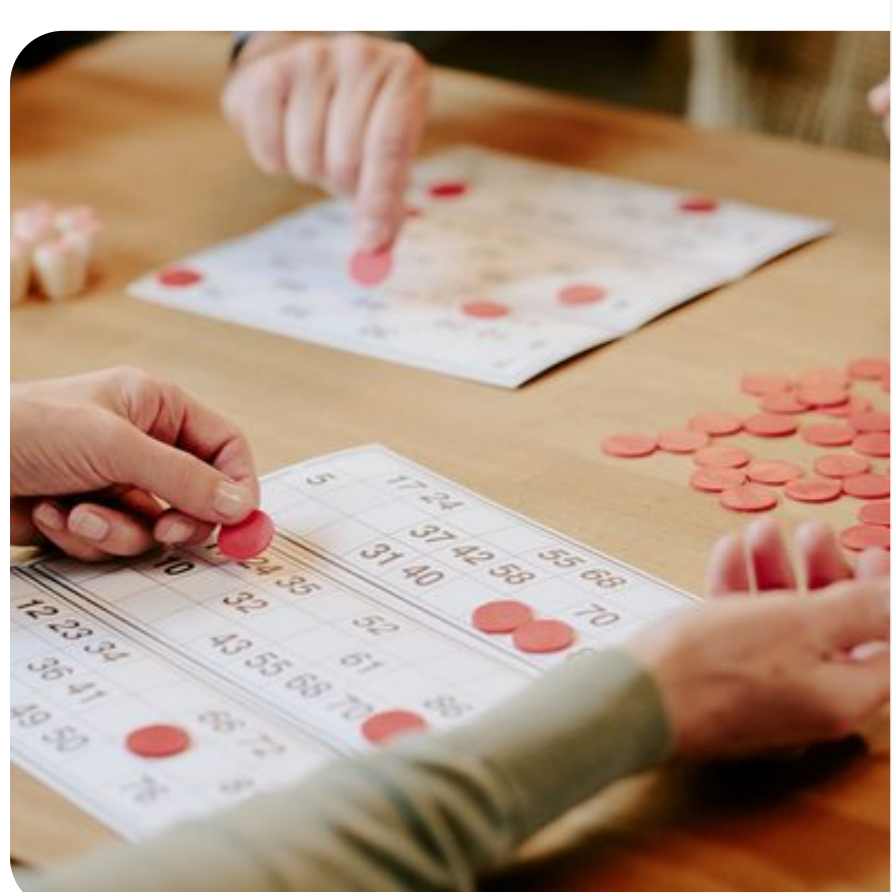
Here's a fun indoor activity during the hot summer months — bingo! We're proud to sponsor this monthly event at the [Reidsville Center for Active Retirement Enterprises](#) (RCARE), 102 N. Washington Ave, Reidsville. (There is a \$1 charge for bingo, and you must be a member of RCARE to play.)

#### Mark these dates on your calendar:

- July 16
- August 20
- September 17

The fun starts at 1 pm. We hope to see you there!

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

### Stay Connected!

Follow us on Facebook, Instagram, LinkedIn, and YouTube to keep up with what we're doing in our community!



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

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