



Lesser-known Benefits of Vaccines

You hear it around this time every year: *Get your flu shot to reduce your chances of getting the flu.* But there are lesser known — and very compelling — reasons to get the flu shot and other vaccines. We asked our Medical Director, Dr. Stephen Evans, to outline some of the benefits he shares with his own patients.

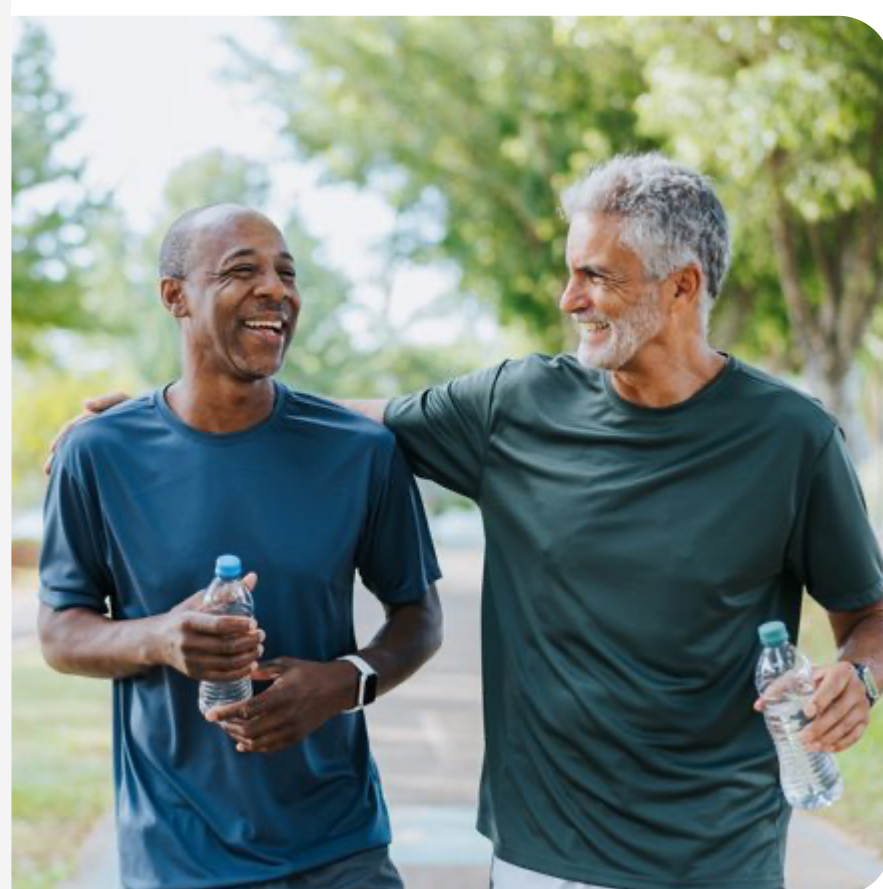
[Explore the Lesser-known Benefits](#)



Save Time (and Gas) with Home Delivery

Here's a free service is offered to members throughout North Carolina: [Cone Health Community Pharmacy at Wesley Long](#) will send your prescription medications directly to you by mail or home delivery. (Because this is a Preferred Pharmacy location, you'll save on drugs in Tiers 1–4, too.) You can even order a 100-day supply for some prescriptions, saving both time and money.

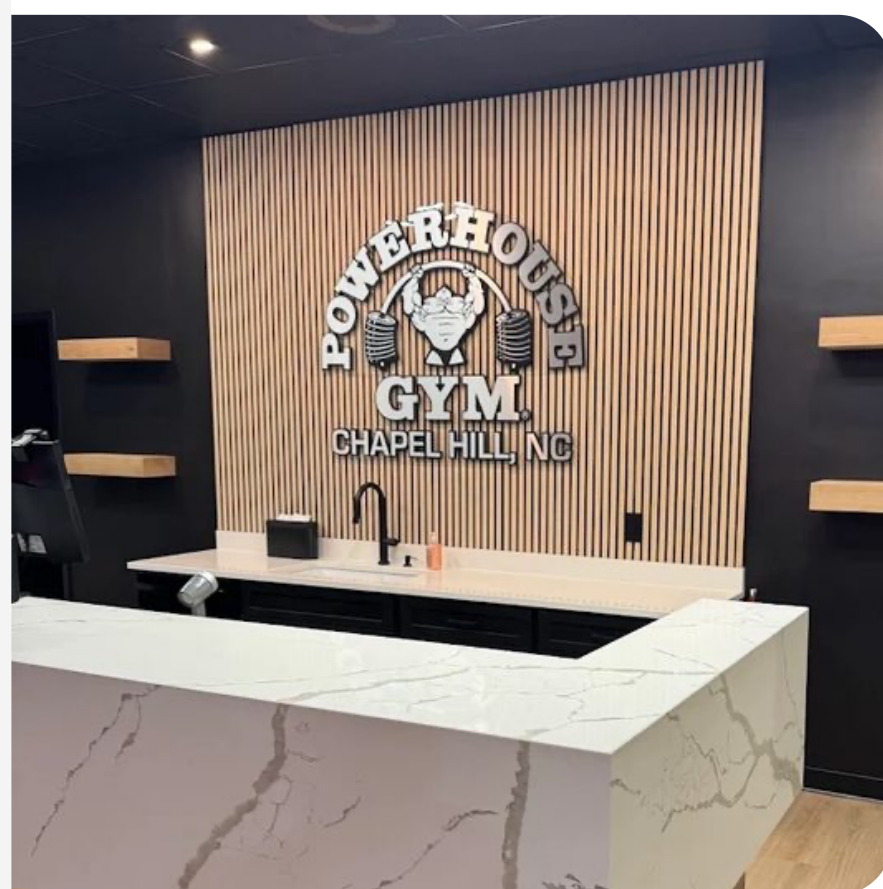
[Learn more about home delivery →](#)



Refocus Your Workout Routine

Summer's nearing an end, and that means getting back to normal routines. When it comes to working out, consistency is key — but that doesn't mean you shouldn't switch things up now and then! Here are some tips for mixing it up.

[Get the workout tips →](#)



New Gym Option in SilverSneakers Network

Good news for our Orange County members: [Powerhouse Gym](#) in Chapel Hill has joined the SilverSneakers® provider network! That means you get access to the gym with your free SilverSneakers membership. (Always talk with your doctor before starting an exercise program.)

If you haven't activated your membership yet, visit [SilverSneakers.com/GetStarted](#).



Cinnamon Apple Overnight Oats

Does the August heat have you dreaming of fall? Get a taste of autumn with this simple recipe from the American Diabetes Association. Just combine the ingredients, refrigerate overnight, and you'll wake up to a cool, nutritious breakfast.

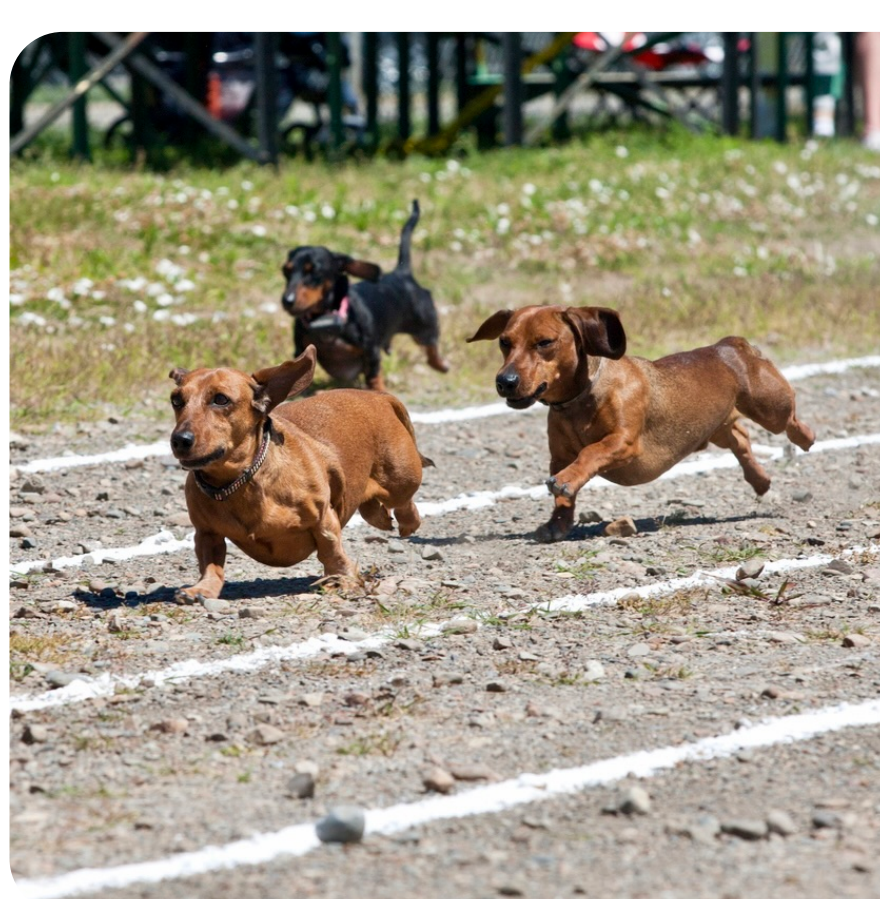
[Get the healthy recipe →](#)

Doxie Derby & Family Festival 2026

Here's a fun-filled event you won't want to miss! We are proud to support the Doxie Derby & Family Festival again this year. Cheer for your favorite dachshund as they race and participate in a costume contest. You can also enjoy family games and attractions, ballpark food, and more.

The fun starts at **noon on September 27** at First National Bank Field (408 Bellemead St., Greensboro). Proceeds from this event go to [earlier.org](#) – Friends for an Earlier Breast Cancer Test®. **Get your [tickets](#) today!**

Visit our [Community Connections](#) page for details on more events. To see photos from recent events and connect with us, [follow us on Instagram!](#)



Contact your Healthcare Concierge today!

Need Assistance?

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

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