

Member Connections



A Monthly Newsletter from HealthTeam Advantage

March 2024 Edition



Sleep Smarter with SilverSneakers

An estimated 50 percent of older adults experience sleep problems. If you're one of them, learn how exercise can improve the quality of your sleep and get tips to help you sleep soundly in this article from SilverSneakers®.

[How to Sleep Smarter](#)



Healthy Recipe of the Month

In honor of March being National Nutrition Month, we have a healthy recipe to share – High Protein, High Fiber Banana Bread!

[Get the Recipe](#)

Know Your Benefits: Vision

Regular eye exams are important, even if you don't wear prescription lenses. Routine eye exams can detect health conditions with no obvious symptoms such as glaucoma, diabetes, and macular degeneration. **All HealthTeam Advantage plans include vision benefits**, so go ahead and make that appointment to get your eyes checked!

Vision benefits for our PPO I, PPO II, and Diabetes & Heart Care (HMO CSNP) plans are through [VSP Vision Care](#). If you're on the Cardinal (HMO) or Eagle (PPO) plan, you have a Flexible Wallet Benefit that you can use toward vision expenses with no network requirements.

These flyers explain the vision benefits in each HealthTeam Advantage plan:

- [PPO I and PPO II](#)
- [Diabetes & Heart Care \(HMO CSNP\)](#)
- [Cardinal \(HMO\)](#)
- [Eagle \(PPO\)](#)

Please refer to your [Evidence of Coverage](#) for more details on your vision benefits or contact your Healthcare Concierge with questions.

Quick Survey

We're always looking for new ways to help our members. Please click on the resource that would be most useful to you.

[Retirement Checklist](#)

[Estate Planning Guide](#)

[Recipe Book](#)

[Password Book](#)

Colorectal Cancer Quiz

How much do you know about colorectal cancer?

Take this [pop quiz](#) from the Centers for Disease Control and Prevention to find out. Then learn about the variety of [screening tests](#) available. And be sure to talk with your provider about which test is right for you.



Important Reminders

SafeRide Transportation Benefits

Did you know that two HealthTeam Advantage plans include transportation benefits through SafeRide? If you're a member of the Diabetes & Heart Care (HMO CSNP) or the Eagle (PPO) plan, you can use this benefit for transportation to medical appointments, dialysis, PT, cardiac rehab, and more. Wheelchair van options are available, and one support person (such as a spouse or friend) can ride with you.

Learn more about transportation benefits here:

- [Diabetes & Heart Care \(HMO CSNP\)](#)
- [Eagle \(PPO\)](#)

To activate this benefit, call [877-841-1351](#).



Have you seen this survey?

You may receive a 2024 Medicare Experience Survey in the mail from the Centers for Medicare and Medicaid Services. Please let us know how we're doing by completing and returning the survey. Your feedback helps us improve our plans.

HealthTeam Advantage in the Community

Join the fun this March with HealthTeam Advantage! Come be a part of our community events – they're enjoyable and full of useful information. We're looking forward to having you there!



Thrifty Thursday Senior Movie Series

March 14 at noon (movie starts at 1)
Sunset Theatre, 234 Sunset Ave., Asheboro

We're proud to sponsor this monthly event, which includes a movie, popcorn, a small soda, and a chance to win door prizes before the movie! Free to everyone over 50. The March movie is "All that Heaven Allows."

St. Patrick's Day Celebration

March 15 at 2 pm
Roy B. Culler Jr. Senior Center, 921 Eastchester Dr., Suite 1230, High Point

Wear your green as we celebrate St. Patrick's Day with word games, music, and snacks. The cost is \$3 per person. **Call 336.883.3584 to register.**

Friends Against Fraud

March 19 at 9 am
Greensboro History Museum, 130 Summit Ave., Greensboro

Learn how to protect yourself from fraud and scams at this free event. **Register [online](#) or call 803-749-7872.**

A Moment in Time Memory Café

March 19 at 1:30
Jamestown UMC Campus, 403 E. Main St., Jamestown (Park and enter at Fellowship Hall)

People with dementia and their caregivers are invited to play games, enjoy snacks, listen to music, and socialize in a relaxing environment. The theme for this month is March Weather. **To register, call Laura Gullede at 336-906-0430.**

Recognizing and Managing Anxiety and Depression in Older Adults

March 21 at 11:30 am
Senior Resources of Guilford, 1401 Benjamin Pkwy., Greensboro

This program is designed for the children of older adults. Learn how to understand and recognize anxiety and depression in older adults and how to manage symptoms. Includes a free lunch. **RSVP on the [Adult Children of Aging Parents website](#).**

Crafter's Corner

March 22 at 1:30 pm
Roy B. Culler Jr. Senior Center, 921 Eastchester Dr., Suite 1230, High Point

It's time to get creative! Join us for some Easter crafts. Supplies and equipment will be provided. **Call 336.883.3584 to register.**

Greater Greensboro Senior Games

April 2 to May 8
Several locations around Greensboro

Come out to cheer or volunteer at the 2024 Senior Games!

HealthTeam Advantage is proud to be a Platinum sponsor this year. Visit the [City of Greensboro website](#) for details on this popular event.

[March Living Plus Calendar of Events](#)

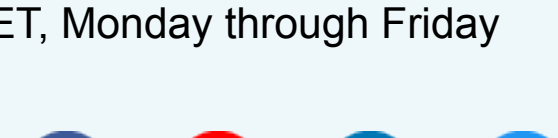
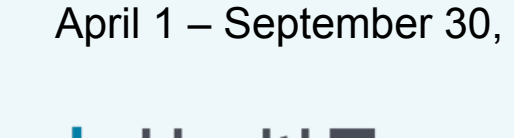
Questions or Need Assistance?

Contact your Healthcare Concierge by phone or email.

[Phone: 888-965-1965 \(TTY 711\)](#)

[Email: \[conciiergehta@htanc.com\]\(mailto:conciiergehta@htanc.com\)](#)

October 1 – March 31, 8am to 8pm ET, seven days a week
April 1 – September 30, 8am to 8pm ET, Monday through Friday



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

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