

A Monthly Newsletter from HealthTeam Advantage



Welcome (Back) and Happy New Year!

Whether you are brand new to HealthTeam Advantage or have been with us since the beginning in 2016, we are happy to have you as a member!

Did you know that some of our plans are now available in **33** North Carolina counties? We're excited to get to know new members throughout the state. Our mission is to improve the health and well-being of our communities through a commitment to personalized service, quality, and enhanced care experiences.

And speaking of service, our Healthcare Concierge team is ready to answer any questions you have about your plan. Just email conciiergeHTA@htanc.com or call 888-965-1965 (TTY 711). Our hours are 8 am to 8 pm, 7 days a week from Oct. 1–March 31, and Monday–Friday from April 1–Sept. 30.

Thank you for being a member!

3 Tips for Starting 2025 on the Right Track

January is a great time to refresh your routine — and SilverSneakers® is here to help! Here are three tips to get you on the right track for 2025.

[3 Tips for the New Year](#)



Setting Short-Term Goals

Some of the top New Year's Resolutions in the United States have to do with health: Eating healthier, exercising more, and losing weight are all in the top 5. (See the full list from Statista [here](#).) And yet, as you probably know, most of these well-meaning resolutions don't last.

How about trying something a little different this year? Setting smaller goals with shorter timeframes can be much more effective than big resolutions.

[Set Some Small Goals](#)

Use Your OTC Benefit at Cone Health Community Pharmacy

Have you used your prepaid debit card from NationsBenefits® to purchase over-the-counter (OTC) items yet? You can use your card at any participating retailer, including Cone Health Community Pharmacies, located in Greensboro, High Point, Burlington, and now Asheboro.

[See OTC Prices](#)

[Find a Location Near Me](#)

Healthy Recipe

White Chicken Chili

This winter has been off to a very cold start in North Carolina, so warm up with a bowl of white chicken chili, a high-protein, high-fiber meal. Our wellness coordinator, Savanna, walks you through it step-by-step in our latest healthy recipe video.



Women's Heart Community Event

February 7 from 8 am to 1 pm


Learn how to keep your heart healthy at this community event from Cone Health. Women of all ages can take workshops on heart-related topics, try exercise classes, and get health screenings and services at this free event at Union Square in Greensboro. You can even get a free bus pass to attend — see the flyer for details and registration information.





[Learn More](#)

Need Assistance?

Contact your Healthcare Concierge today!

 **Phone:** 888-965-1965 (TTY 711)

 **Email:** conciiergehta@htanc.com

 **Meet in person:** [Schedule an appointment](#)

October 1 – March 31, 8am to 8pm ET, seven days a week

April 1 – September 30, 8am to 8pm ET, Monday - 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

© 2025 HealthTeam Advantage, all rights reserved. HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have medical questions, consult your medical professional.

MULTI-PLAN_25233_C

[View email in browser](#)

[unsubscribe](#)