



## How to Make Your Heart Stronger

During American Heart Month, take a beat to focus on the importance of heart health and muscle strength. Regular exercise is one of the best ways to strengthen your heart, improve endurance, and [reduce the risk](#) of heart disease, strokes, and high blood pressure. Plus, by keeping your heart in shape, you'll have more stamina for the activities you love!

[Tips for a Stronger Heart](#)

### Annual Wellness Visits: *An Ounce of Prevention*

Visiting your primary care provider for your Annual Wellness Visit (AWV) is an important part of your health routine. Regular exams can help identify risk factors and problems before they become serious.

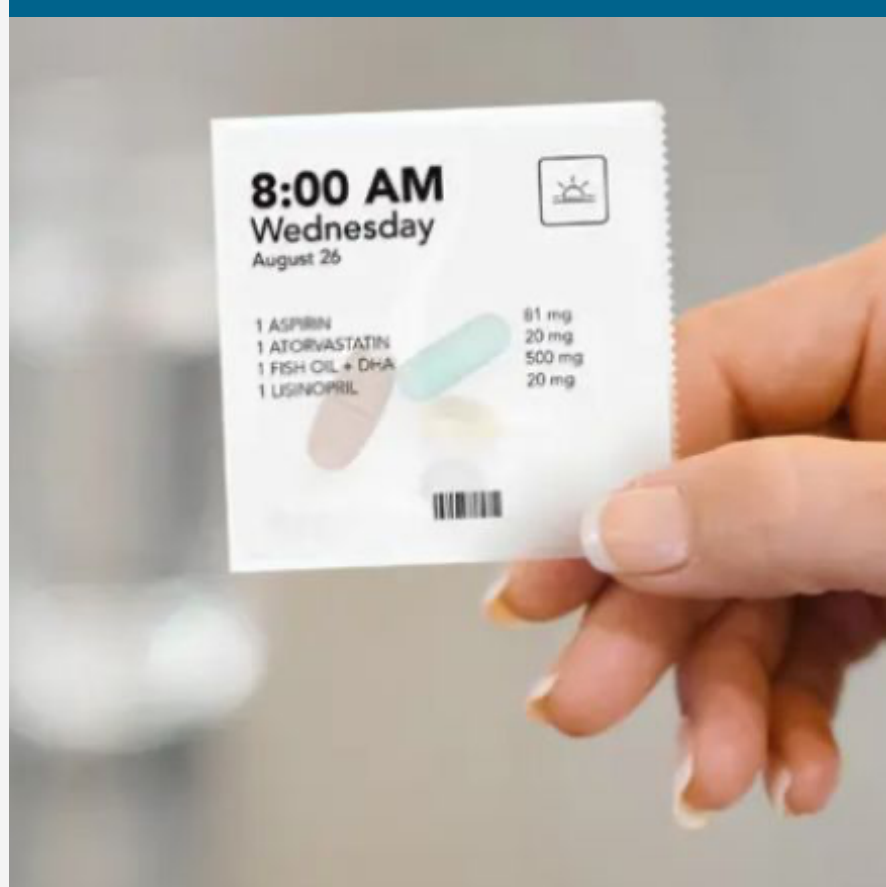
[All About the AWV](#)



### Medication Made Simple

If you take several daily medications, it's important to be sure you take the right medication at the right time. [Cone Health Community Pharmacy](#) can help with custom packaging for your medications that organizes them by date and time. Get all the details in the flyer below.

[See the Flyer](#)



## Know Your Benefits: *HouseCalls*



Have you had trouble getting to a doctor's office? Would you like to discuss your healthcare with someone at your house? If so, our HouseCalls program may be for you.

We want to help you take advantage of your plan features and benefits, including a yearly HouseCalls visit. *This is available to you at no cost.*

#### Here's what a HouseCalls visit includes:

- One 45- to 60-minute at-home visit from a healthcare practitioner each year
- A head-to-toe exam, health screenings, and plenty of time to talk about your health questions
- A custom care plan made just for you
- Help connecting you with additional care you may need

To schedule a visit, call 1-877-314-7134 (TTY 711) Monday–Friday, 8 a.m.–8:30 p.m. ET, or contact your [Healthcare Concierge](#) for assistance.

### Healthy Recipe

#### *Easy Egg Muffin Bake*

Looking for a simple breakfast recipe that's packed with protein? Our health coach and registered dietitian, Jennifer, shows you how to make the Easy Egg Muffin Bake in our latest healthy recipe video.



**Easy  
Egg  
Muffin  
Bake**

### Discuss This with Your Doctor

Social Determinants of Health (SDOH) are the economic and social conditions that influence individual and group differences in our health status. The world health organization (WHO) describes these as **non-medical factors that influence health outcomes**. Research has shown that these social determinants can be more important than healthcare or lifestyle choices in influencing health.

[How Can SDOH Affect My Health?](#)

# Community Connections

We are a proud sponsor of the following **Senior Games and SilverArts** this spring:

- [Alamance County](#)
- [Guilford County](#)
- [High Point](#)
- [Piedmont Plus](#) (Winston-Salem)
- [Randolph County](#)





If you want to participate, sign up soon! Registration deadlines are almost here. (See the links above for details.) You can also register to volunteer at the events — or show up on game day and cheer on the participants!


Be sure to check our [calendar](#) for more local events!

### 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](#)

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

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