



Stress Less in April

If you struggle with stress management, you are not alone! April is Stress Awareness Month, so here are tips from the American Heart Association on stressing less through healthy habits.

[How to Stress Less](#)

Want to start de-stressing right away? Try [these exercises](#) in this video from our wellness coordinator, Savanna.



Don't Forget Your Feet

April is National Foot Health Awareness Month — a great time to check your feet!

HealthTeam Advantage Diabetes & Heart Care (HMO C-SNP) members pay **\$0** for in-network podiatrist visits. See your plan's [Evidence of Coverage](#) for details.

[Find a Podiatrist →](#)



Memory Fitness Benefit

Get a daily workout for your brain with a membership to BrainHQ, available at no cost to you! The online exercises allow you to work on attention, memory, brain speed, and more. Just visit the link below and click “Sign Up” to get started.

[Exercise Your Brain →](#)



Dental Code Quick Reference Guides

Dental insurance can be confusing, so we created quick reference guides to help. Dominion Dental Services, Inc., provides coverage for Plan I (PPO), Plan II (PPO), and Diabetes & Heart Care (HMO C-SNP). Just click the link below and choose the guide for your plan.

[View Your Plan's Dental Code Guide →](#)



Apple Cider Chicken

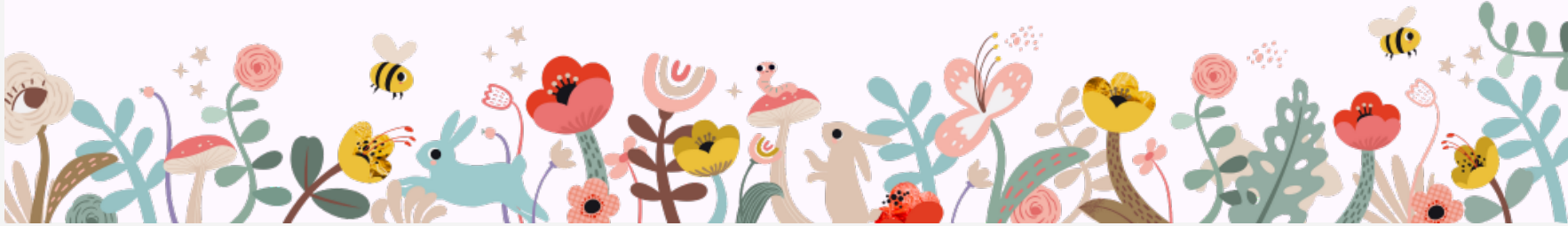
You'll want to save all the leftovers from this healthy recipe – if you have any! Jennifer, our health coach and registered dietitian, makes Apple Cider Chicken in this step-by-step video.

[See the Video →](#)

Springtime Activities

Spring has sprung, and we're hosting lots of member activities.

Be sure to check out our [Community Connections](#) page for the latest events! We also have a [Living Plus calendar](#) packed with SilverSneakers® classes at local facilities. (Visit [SilverSneakers](#) if you need to activate your membership, available at no cost to you.)




Need Assistance?

Contact your Healthcare Concierge today!

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

 **Email:** conciergehta@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