



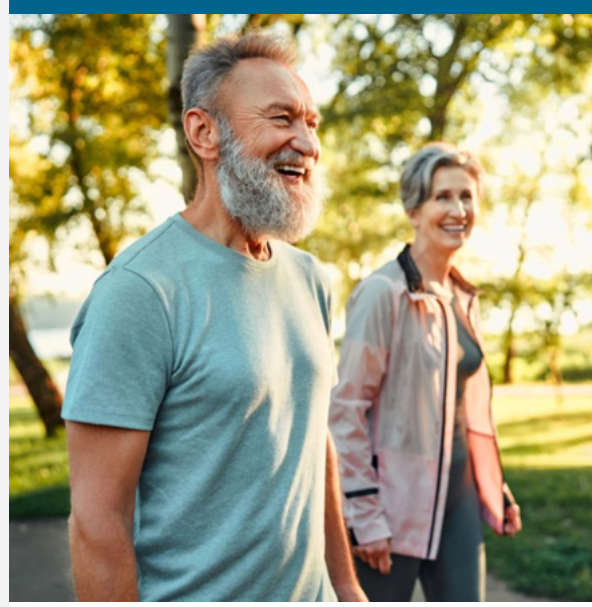
Making Memories with Music

We all know that music can take us back in time. Hearing a song from high school can trigger strong emotions — and chances are, you can remember the words, too. Learn how music can activate several parts of your brain in [this article from UCLA Health](#).

If you're a fan of live music, you're in luck! HealthTeam Advantage is a proud sponsor of two free concert series in the Triad this summer. We hope you can join us!

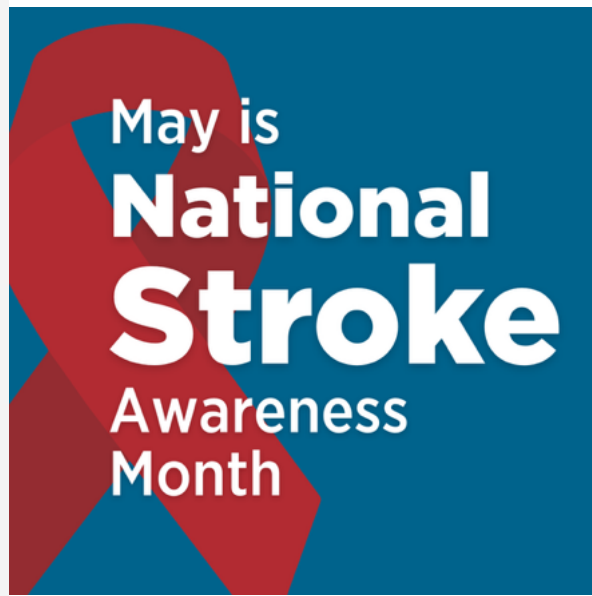
[Music for a Sunday Evening in the Park \(Greensboro\)](#)[Music in the Park \(Oak Ridge\)](#)

And just for fun, here's a [video](#) of folks doing The Twist during a recent event at the Kernodle Senior Center in Burlington.



Walk Your Way to a Healthier You

Walking has many health benefits, from helping you maintain a healthy weight to lowering blood pressure and cholesterol, boosting your memory, and reducing your risk for heart disease, diabetes, and cancer. Make the most of your walks with these tips from SilverSneakers®.

[Walk This Way →](#)

Signs of a Stroke

Could you recognize the signs of a stroke — and act fast? The American Stroke Association has developed videos, flyers, and interactive games to help you spot stroke warning signs. We encourage everyone to look over these materials and share them with loved ones.

[Stroke Warning Signs →](#)

Osteoporosis: What You Should Know

May is Osteoporosis Awareness and Prevention Month. Learn more about this “silent” bone disease, risk factors, and how it's diagnosed by downloading the flyer below.

[Managing Osteoporosis →](#)

Chicken Burritos

Want an easy, nutritious recipe that tastes great and is high in fiber? Savanna, our wellness coordinator, makes diabetic-friendly chicken burritos in this step-by-step video.

[Watch the Video →](#)[Print the Recipe →](#)

Let's Talk about Gout

You have probably heard of the painful condition known as gout, but did you know it's a form of arthritis triggered by a metabolic imbalance in your system? Read on to learn all about gout.

[Gout Risk Factors →](#)

Hearing Benefits

May is also Better Hearing and Speech Month. Have you used your HealthTeam Advantage hearing benefits yet? Four of our plans have coverage through TruHearing® — click below for details:

- [Plan I \(PPO\)](#)
- [Plan II \(PPO\)](#)
- [Vitality Plan \(PPO\)](#)
- [Diabetes & Heart Care \(HMO C-SNP\)](#)

Members of the Eagle and Cardinal plans have coverage through the flexible wallet benefit. Learn more below:

- [Eagle Plan \(PPO\)](#)
- [Cardinal Plan \(HMO\)](#)

All About Events

Join us for a good cause: Mark your calendar for the Elder Abuse Awareness Walk, Stroll, and Roll on June 14 at [Triad Park](#), Shelter #6. There will be music, a vendor fair, and free personal document shredding and medication disposal. All ages are welcome! Registration begins at 9 am. Walk starts at 10:30 am. [Register online](#) or call (336) 904-0300 with questions.


See our [Community Connections](#) page for the latest event details. 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.)

We're on Instagram! To see photos from recent events and connect with us, just [follow our page](#).



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