



Stick to Your Health Goals with SilverSneakers

August is National Wellness Month — the perfect time to pause, reflect, and reset. Setting health goals is easy, but sticking to them can be a challenge. That's why we're going back to basics with simple, effective tips to help you move more, eat well, and feel your best.

A consistent routine can boost your mood, energy, sleep, and strength. But how do you stay motivated when life gets busy?

- Focus on the “why” for regular exercise — more energy, better sleep, and clearer thinking
- Use tools like the SilverSneakers GO app to track your progress
- Find a workout buddy or try a group class
- Stack exercise with daily habits, such as stretching while coffee brews
- Be consistent, not extreme

Ways to Unlock Your Fitness Potential

Getting Started

SilverSneakers® is more than a traditional fitness program — it's a way of life. It provides an opportunity to get physically active. Designed specifically for seniors, SilverSneakers is there for you, every step of the way. The best part is, it's included with your HealthTeam Advantage plan at no additional cost.

Activate your free online account today at [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted). **Always talk to your doctor before starting an exercise program.**

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'Tis the Season ... for Flu Shots

August is also National Immunization Awareness Month, so you know what that means — it's time to ask your provider if you're due for vaccines to protect you from:

- Flu
- Shingles
- RSV
- Pneumonia
- TDAP
- COVID-19

As always, if you're looking for a provider, you can contact your Healthcare Concierge or use the [Provider Lookup Tool](#). You can find a network pharmacy by using the [Pharmacy Locator Tool](#).



How about a sweet treat to help you beat the heat? Jennifer, our registered dietitian, shows you how to make healthy frozen yogurt in this step-by-step video.

[Strawberry Frozen Yogurt Video](#)

Diabetic Eye Exams

If you've been diagnosed with diabetes, it's important to get a comprehensive eye exam with dilation every year to allow for a more thorough examination of your eyes and to catch any conditions early. These Diabetic Eye Exams allow the provider to view the back of your eyes, including the retina, optic nerve, and blood vessels. (Learn more in our [Diabetic Eye Exam flyer](#).)

Even if you don't have diabetes or wear corrective lenses, annual eye exams are still important because they can **detect health conditions with no obvious symptoms**, such as glaucoma and macular degeneration. That's why all HealthTeam Advantage plans include vision coverage. Click the links below for more information or consult your [Evidence of Coverage](#) for details.



HealthTeam Advantage plans with VSP® Vision Care benefits:

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

HealthTeam Advantage plans with the flexible wallet benefit for vision, hearing, and dental expenses:

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



Community Connections

HealthTeam Advantage is a proud sponsor of **RidgeFest at Oak Ridge Town Park** (6231 Lisa Dr.) on September 4–6. There will be live music, food trucks, carnival rides, a merchant marketplace, and more.

RidgeFest runs from 5:30 to 9:30 pm on Sept. 4 and 5, and from 4 to 10 pm on Sept. 6.

But wait, there's more! Be sure to check out our [Community Connections](#) page for a full list of free events and activities.

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