

A Monthly Newsletter from HealthTeam Advantage



Health Fair!

THURSDAY, NOVEMBER 6
10AM-1PM**Randolph-Asheboro YMCA**
343 NC Hwy. 42 North, Asheboro

You're Invited! Health Fair November 6 in Asheboro

HealthTeam Advantage will host a health fair on November 6 at the [Randolph-Asheboro YMCA](#). This health fair is open to all HealthTeam Advantage members!

At the health fair, you will have the opportunity to:

- Receive free health screenings
- Learn to manage your health
- Get diet and exercise tips
- Win door prizes
- Enjoy healthy snacks, and much more!

The health fair will take place from 10 am to 1 pm. Please RSVP to save your space. We hope you will join us!

[RSVP Today!](#)

Important 2026 Plan Information

If you are a Cardinal Plan (HMO) member, please keep in mind that you need to choose a new plan during the Annual Enrollment Period, which ends December 7. Your insurance agent can help you find the plan that best fits your needs.

If you are on another HealthTeam Advantage plan and you want to stay on that plan, you do not need to take any action.

Use the link below if you'd like to see what other plans we offer in 2026 and compare their benefits.

[Compare 2026 Plans](#)

Thank you for being a HealthTeam Advantage member!



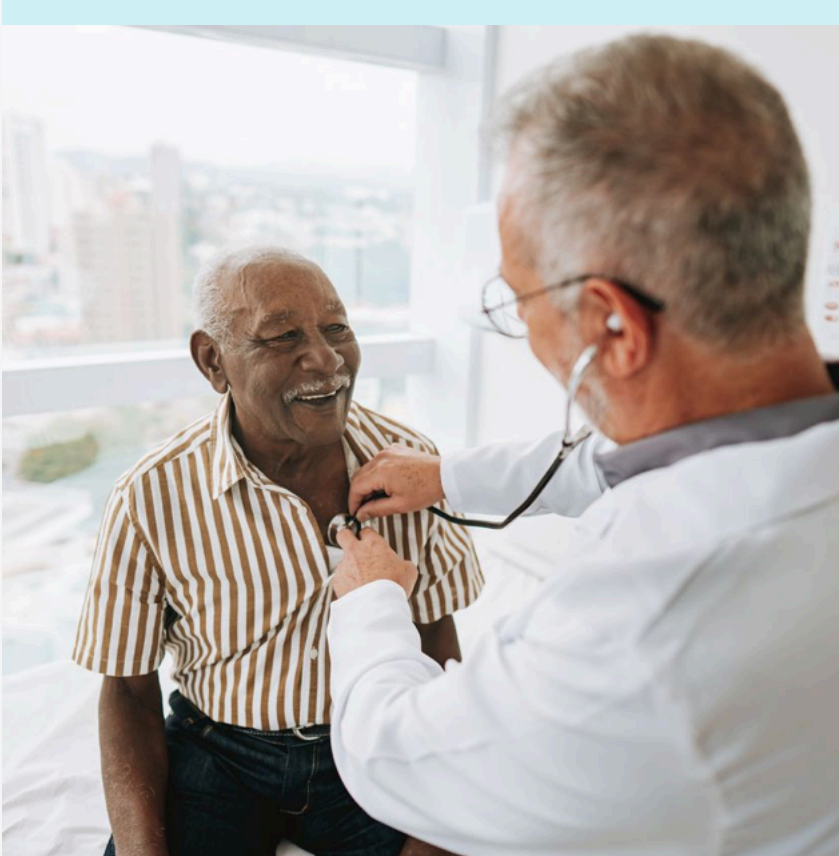
Find Your Calm with SilverSneakers

November 5 is National Stress Awareness Day — a chance to pause, take a deep breath, and focus on your well-being. This year, take it a step further by tapping into the power of gratitude. More than just a feel-good emotion, gratitude is a simple daily practice that can ease stress, lift your mood, and bring a sense of calm to your everyday life.

[Learn More →](#)

10 Tips for Living Your Best Life

According to the North Carolina Department of Health and Human Services, 8 in 10 adults who are 65 or older in our state live with one or more chronic diseases. If you are living with a chronic condition, we want you to live your best life! Here are some tips to help.

[Get the 10 Tips →](#)

A November to Remember

You probably know that Breast Cancer Awareness Month is held annually in October, but did you know there are several disease awareness campaigns in November?

Learn about these campaigns and the resources they have to offer.

[November Disease Awareness →](#)

Home Safety Checks

Here's another reminder as the cold weather approaches: Check on home safety! Read these important tips on preventing falls and fire safety.

[Stay Safe This Fall →](#)

Looking for a healthy recipe that's as simple as it is delicious? Savanna, our wellness coordinator, shows you how to make zucchini pizza bites (a tasty alternative to bagel bites) in this step-by-step video.

[Zucchini Pizza Bites Video](#)

We are a proud sponsor of the monthly **Moment in Time Memory Café**, which offers individuals with dementia and their caregivers and chance to play games, enjoy music and snacks, and relax and socialize in a friendly atmosphere.



Join us on **November 18 from 1:30-3:30 pm at the Jamestown UMC (403 East Main St., Jamestown)**. Enter at the Fellowship Hall and follow the purple signs.

This month's theme is **Shake, Rattle, and Roll: You're invited to a Sock Hop!** Feel free to dress up in your favorite '50s attire. Contact Laura Gullledge at 336-906-0430 or lauragullledge@gmail.com with any questions.

Visit our [Community Connections](#) page for information on more events.

To see photos from recent events and connect with us, [follow us on Instagram!](#)

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



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

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