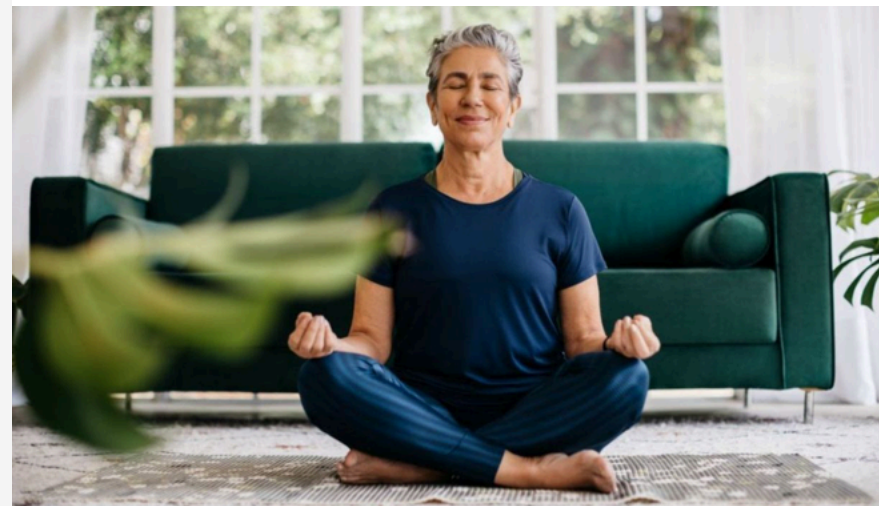


A Monthly Newsletter from HealthTeam Advantage



Welcome, Spring!

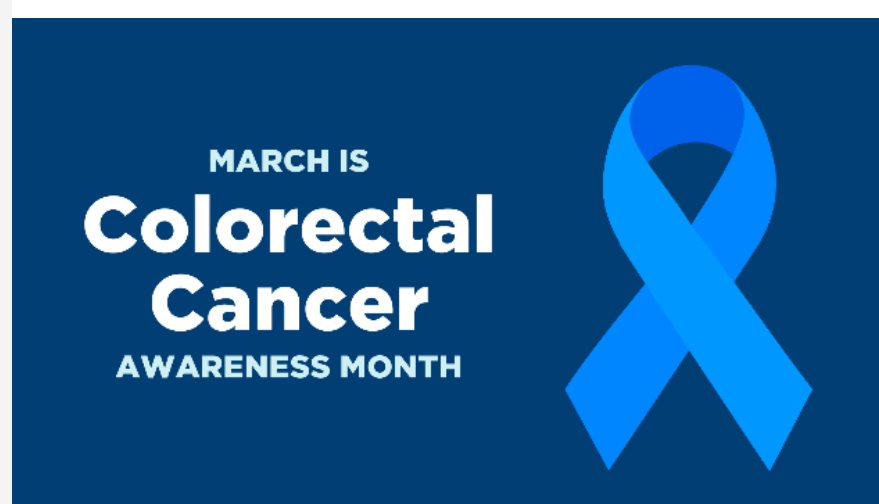
After a relatively active North Carolina winter, spring weather is settling in, slowly but surely. And HealthTeam Advantage is ready to “spring” into action with a variety of events for members. Check out our new Community Connections page to see what’s happening near you.



Yoga and Sleep: A Winning Combination

March is National Sleep Awareness Month! Sleep is key to overall health, yet nearly 50% of older adults struggle with it. The good news? Regular yoga can help improve rest and well-being.

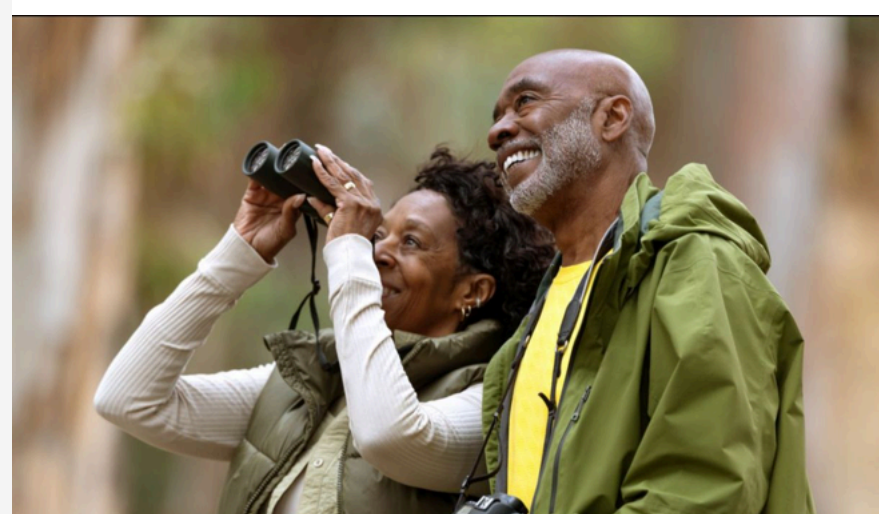
[Sleep Better with Yoga →](#)



Know Your Screening Options

March is also Colorectal Cancer Awareness Month. Learn about your screening options, risk factors, and prevention tips in this flyer.

[Colorectal Cancer Screening →](#)



7 Things You Can Do with More Daylight

Daylight Saving Time is here! The first days after we “spring forward” can be tough, but the extra daylight means more time for outdoor activities. Here are some ideas to get you started!

[What You Can Do with Extra Daylight →](#)



Prepare for Your Doctor's Appointment

If you want to make the most of your next doctor’s visit, doing a little homework can go a long way. Here are some things to jot down before your appointment.

[How to Prepare →](#)



Easy Oatmeal Recipes

Need a nutritious, easy breakfast? Watch our latest video as Jennifer, our health coach and registered dietitian, shares two simple oatmeal recipes!

[See the Video →](#)

2 EASY Oatmeal Recipes



New Member Benefit Flyers

Get to know all of your HealthTeam Advantage benefits! Visit the page below, select your plan, and explore detailed flyers with tips on how to use each benefit to the fullest.

[Show Me the Flyers →](#)


Spotlight: Shelby Kline Wins Award

Congratulations to our Community Outreach Supervisor, Shelby Kline, on receiving the Community Service Award from the Daughters of the American Revolution on February 25. You may recognize Shelby from all her work in the community on behalf of HealthTeam Advantage. Learn more about the award [here](#). Way to go, Shelby!




Need Assistance?

Contact your Healthcare Concierge today!

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

 **Email:** 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