



## Calendar of Events

You can now enjoy educational presentations on a variety of informational topics from the comfort of your home!

**Edition 12**  
**July 2023 - December 2023**



## Table of Contents

<b>Presentations</b> .....	4
Get to Know the CarePlus Social Services Department...	4
Health and Wellness .....	5
<b>How to Access</b> .....	14
<b>To View Available Topics and Register Online</b> .....	16
<b>Joining the Zoom Meeting after Registering</b> .....	17



**Accessible from the comfort of your home, CarePlus Link is a series of phone and web-based virtual presentations for CarePlus members.**

CarePlus Link consists of participants, staff, facilitators, and presenters who value the continued growth and balance around the physical, mental, social, and lifestyle choices that promote health and wellness. CarePlus Link participants can attend virtual presentations offered at various times on a range of topics.

**CarePlus Link is free of charge to all CarePlus members.**



Choose the presentation(s) you want to attend, and then follow the registration instructions to secure your spot.

Please keep in mind that participation availability may be limited.

## Get to Know the CarePlus Social Services Department

### Social Services Department



Medicare beneficiaries with limited income and assets may be eligible for assistance from state and/or federal programs. Learn what assistance may be available to you.

- Wednesday, July 19 at 9:30 a.m. EST
- Wednesday, August 16 at 4:30 p.m. EST
- Wednesday, September 20 at 9:30 a.m. EST
- Wednesday, October 18 at 4:30 p.m. EST
- Wednesday, November 15 at 9:30 a.m. EST
- Thursday, December 14 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## Health and Wellness

### Aging and the Five Senses



Seeing, touching, smelling, tasting, and hearing help us connect with the world. The natural aging process and other factors may impact our sensory organs, and the way we perceive information from our surroundings. Join us as we learn more about how to care for our senses and their impact on wellness.

- Tuesday, July 25 at 4:30 p.m. EST
- Tuesday, August 15 at 9:30 a.m. EST
- Tuesday, October 17 at 4:30 p.m. EST
- Thursday, November 16 at 9:30 a.m. EST

Online access: <https://huma.na/link>



### Alzheimer's



Alzheimer's is an irreversible brain disease that is closely associated with dementia. Learn how to detect early symptoms of Alzheimer's, and how to manage the condition once it is diagnosed.

- Wednesday, November 8 at 4:30 p.m. EST

Online access: <https://huma.na/link>



### Diabetes



Diabetes is a serious disease. People get diabetes when their blood glucose level, sometimes called blood sugar, is too high. Learn about this condition and how to make healthier choices that may help improve your symptoms and reduce diabetes-related health complications.

- Thursday, September 14 at 9:30 a.m. EST
- Tuesday, November 7 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## Exercise



Exercise is vital for people of all ages, including older adults. Learn about what types, and how much physical activity you may need while aiming to be motivated on your well-being journey.

Wednesday, July 12 at 9:30 a.m. EST

Tuesday, October 10 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## Fall Prevention



Older adults fall every year in the U.S. Falls are a leading cause of fatal and non-fatal injuries for older Americans. Learn how to avoid falls in your home and adopt healthy practices.

Wednesday, August 9 at 4:30 p.m. EST

Friday, December 15 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## High Blood Pressure



Learn about high blood pressure or hypertension and the harmful effects it has overtime. Learn how changes in lifestyle – like getting more exercise and having less salt may help control it.

Tuesday, September 19 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## Fruits and Vegetables: Color Yourself Healthy



Have you ever wondered why it's important to eat a variety of colors from fruits and vegetables? Each of them provides many benefits to your health and wellness. Learn what compounds are found in your fruits and vegetables and how important is to include each color.

Thursday, September 7 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## Immunizations



Because our immune systems weaken, vaccines become very important, as we get older. Learn why you should get your vaccinations, and how they will help prevent illness.

Thursday, August 10 at 9:30 a.m. EST

Wednesday, December 6 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## Let's Talk about Elder Abuse



Did you know that elder abuse can leave significant and permanent physical, emotional and psychological effects? There are many forms of elder abuse including financial exploitation and fraud. Raising awareness may help make a difference in someone's life. Join us as we learn more about elder abuse, its potential signs and helpful resources to promote safety.

- Friday, November 17 at 4:30 p.m. EST
  - Thursday, December 7 at 9:30 a.m. EST
- Online access: <https://huma.na/link>



## Patient Experience Circle - A Roadmap to Your Perfect Experience



Maintaining an open communication with your health plan and healthcare providers is an important component of maintaining a healthy lifestyle. Learn about the important steps you can take to stay connected with your provider and have more control over your health needs.

- Tuesday, August 8 at 4:30 p.m. EST
  - Tuesday, September 21 at 4:30 p.m. EST
  - Thursday, November 9 at 4:30 p.m. EST
- Online access: <https://huma.na/link>



## Nutrition



Nutrition plays a huge role in your overall health and well-being. Learn about the connection between poor nutrition and chronic health conditions, and get tips to improve your eating habits.

- Friday, December 8 at 4:30 p.m. EST
- Online access: <https://huma.na/link>



## PXCircle - Navigating Your Over-The-Counter Benefit & Managing Medications



Did you know your CarePlus plan may include an Over-the-Counter (OTC) benefit? Learn how to navigate your Over-the-Counter (OTC) benefit and why managing your medications is important for your health!

- Thursday, August 17 at 9:30 a.m. EST
  - Wednesday, October 4 at 9:30 a.m. EST
  - Tuesday, November 14 at 9:30 a.m. EST
- Online access: <https://huma.na/link>

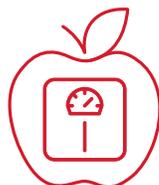


## Obesity



Regardless of your age, obesity can contribute to many health conditions. Learn what causes obesity and available options for achieving and maintaining a healthy weight.

- Wednesday, September 13 at 4:30 p.m. EST
- Online access: <https://huma.na/link>





## PXCircle - Patient Experience and You



Increasing your knowledge of Preventive Care Activities leads to a higher quality of care. Learn how to stay connected and take a proactive approach to your healthcare needs.

- Thursday, July 20 at 9:30 a.m. EST
- Tuesday, September 12 at 9:30 a.m. EST
- Thursday, October 19 at 9:30 a.m. EST
- Wednesday, December 13 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## PXCircle - Taking Control of your Health Care Decisions



We believe the more engaged you are with your health care, the better your short- and long-term health outcomes may be. By attending one of our PXCircle education sessions, you will learn how you may be able to have more control over your health, voice your opinion about health-related issues, and identify and incorporate healthier habits into your daily life.

- Thursday, July 13 at 4:30 p.m. EST
- Wednesday, August 23 at 4:30 p.m. EST
- Thursday, October 12 at 4:30 p.m. EST
- Tuesday, December 5 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## Recognizing a Stroke



A stroke is a serious medical event that may lead to significant health challenges and disability. Being able to identify its signs and symptoms can make a difference in someone that could be experiencing a stroke. Learn how this condition impacts wellness, while receiving healthy tips that may decrease the risk of strokes.

Thursday, August 24 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## Wellness and Arthritis



Many people begin to feel pain and stiffness, due to arthritis, as they age. Learn about the common kinds of arthritis, warning signs, and treatment options.

Tuesday, July 11 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## Wellness and Sleep



A good night's sleep may help reduce the risks associated with disease and injury. Learn why you should aim for adequate sleep every night and the role it plays in your overall health and well-being.

Friday, November 10 at 9:30 a.m. EST

Tuesday, December 12 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## Wellness and Stress Management



Stress is part of life and with every new life stage comes new stressors. The effect of unmanaged stress overtime can impact your overall health and well-being. Learn more about identifying and managing the symptoms related to stress.

Wednesday, October 11 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## When It's More Than Just a Feeling: Symptoms of Depression



Depression is a common medical condition that affects people of all ages. Although it is not considered part of the normal aging process, many older adults experience symptoms of depression. Join us as we share risk factors, common signs, valuable treatments options, and activities that may be useful in managing this condition and improving our overall health and well-being.

Tuesday, July 18 at 9:30 a.m. EST

Friday, September 15 at 4:30 p.m. EST

Thursday, October 5 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## You are not alone



Older adults are at an increased risk for loneliness and social isolation. Living alone or the loss of family or friends may be contributing factors. Conditions such as chronic illness, or physical challenges may increase the risk for loneliness and social isolation. Learn about the symptoms and effects of these conditions, and ways that may help to reduce the effects of these conditions.

Friday, July 14 at 4:30 p.m. EST

Tuesday, August 22 at 9:30 a.m. EST

Tuesday, October 3 at 4:30 p.m. EST

Online access: <https://huma.na/link>



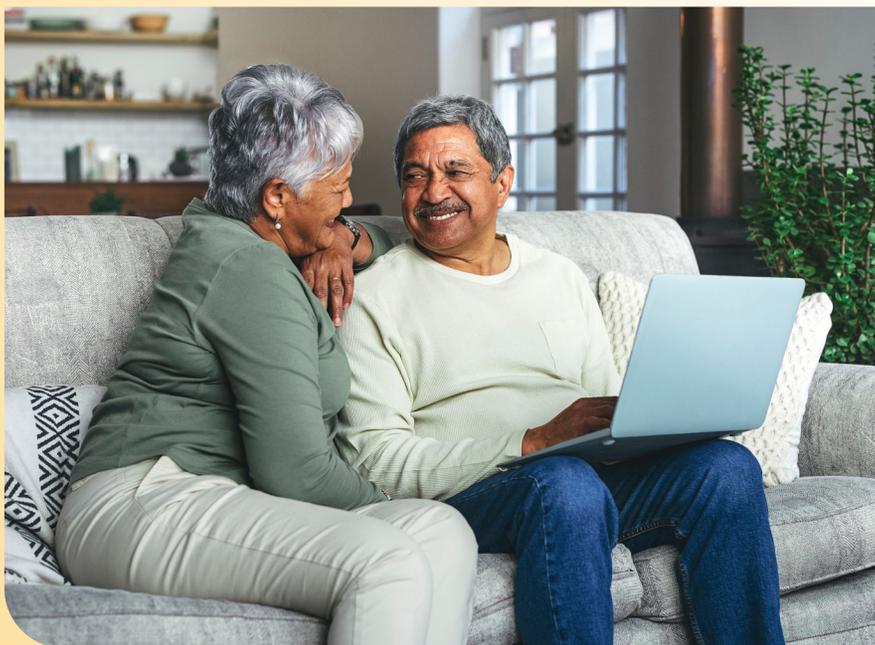
## You can access these presentations by phone or online:

For your convenience, we offer a variety of educational presentation topics at different times to fit your schedule. Please read below for more details.

### To register and connect by phone



- Call **833-7MY-PATH (833-769-7284)**, as early as 30 minutes prior to the presentation start time to secure your place.
- Provide your name, CarePlus Member ID and presentation topic to the CarePlus associate, who will connect you to your conferenced presentation.
- You will be placed on hold until the actual conferenced presentation time. To ensure the full event experience, no further connections will be made after 5 minutes of the start of the presentation.



### To register and connect online



- Type the following link into your internet browser: **<https://huma.na/link>**.
- Click on your selected presentation topic. Please note that the link will be available for a maximum of 30 minutes prior to the start of the presentation, and remain active to join up to 5 minutes after the presentations scheduled start time.
- If this is your first time attending an online CarePlus Link presentation, you will be asked to register by providing the following: Name, Email Address, CarePlus Member ID and Date of Birth. Once registered, you can click the “Join” button.
- If you have attended previous online CarePlus Link presentations, you will only need to enter your CarePlus Member ID and Date of Birth in the registration page. Once entered, you can click the “Join” button.

You will be placed on hold until the actual conferenced presentation time. In order to ensure the full event experience, no further connections will be made after 5 minutes of the start of the presentation. Although this is a live session, all participants' phone lines will be muted to avoid interruptions during the presentations. Please adjust the volume of your device to your desired levels. All participation is free to CarePlus members; however, please verify with your wireless or internet provider as cellular or data rates may apply.

For additional information about the CarePlus Link virtual presentations, please contact Member Services at **1-800-794-5907 (TTY: 711)**. We are open 7 days a week, 8 a.m. to 8 p.m. From April 1 - September 30, we are open Monday - Friday, 8 a.m. to 8 p.m. You may always leave a voicemail after hours, Saturdays, Sundays, and holidays and we will return your call within one business day.

## To view available topics and register online

1. Type **https://huma.na/link** or **CarePlusHealthPlans.com/members/link** into your browser.
2. View the available topics and choose a topic that interests you.
3. Select the date and time of the presentation that fits your schedule.
4. You will be prompted, "You're About to Visit Another Website". Click **Continue**.
5. Now let's register for the event! Select **Register**.
6. Type your email address. Then select **Next**.
7. Type your first name, last name, CarePlus Member ID and date of birth. Select if you would like to receive CarePlus information through email. Then select **Submit**.



### What's next?

#### If you registered in advance for a future event:

After registering for your event you will receive an email containing the event information with a link to join the Zoom event. (Email will be sent to the email address provided during registration).

#### Registering on the same day right before the start time of an event:

After registering for the topic of interest, you can click **Join Meeting**.

## Joining the Zoom meeting after registering

### First time Zoom meetings users (Computer)

1. Open the email containing the link to the meeting. This was emailed to you after you registered for the event.
2. Click the Link or Join Webinar button to join.
3. When you join a Zoom Meeting/Webinar for the first time, you will be prompted to download and install the Zoom desktop application (app) on your computer. Click **Download Now** to download the application file. (If you have trouble downloading the application or you do not wish to download it, bypass the download option and click **Join from Browser**.)
4. You will be placed into the meeting using your computer audio.

### If you have previously installed Zoom on your computer

1. Open the email containing the link to the meeting. This was emailed to you after you registered for the event.
2. Click the Link or Join Webinar button to join. (Click **Launch Meeting**, or depending on your browser settings, Zoom will automatically open for you.)
3. If prompted, enter your name, email address, and click **Join**.
4. You will be placed into the meeting using your computer audio.



# CarePlus

## HEALTH PLANS

For accommodations of persons with special needs at presentations, call 1-855-846-1697 (TTY: 711). Important: At CarePlus, it is important you are treated fairly. CarePlus Health Plans, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities. The following department has been designated to handle inquiries regarding CarePlus' non-discrimination policies: Member Services, PO Box 277810, Miramar, FL 33027, 1-800-794-5907 (TTY: 711). Auxiliary aids and services, free of charge, are available to you. 1-800-794-5907 (TTY: 711). CarePlus provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate. This information is available for free in other languages. Please call our Member Services number at 1-800-794-5907. Hours of operation: October 1 - March 31, 7 days a week, 8 a.m. to 8 p.m. April 1 - September 30, Monday - Friday, 8 a.m. to 8 p.m. You may leave a voicemail after hours, Saturdays, Sundays, and holidays and we will return your call within one business day. Español (Spanish): Esta información está disponible de forma gratuita en otros idiomas. Favor de llamar a Servicios para Afiliados al número que aparece anteriormente. Kreyòl Ayisyen (French Creole): Enfòmasyon sa a disponib gratis nan lòt lang. Tanpri rele nimewo Sèvis pou Manm nou yo ki nan lis anwo an.