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Member Newsletter

**20 Tips for a Healthy 2023**

**Start the Year Strong  
With SilverSneakers**

**Staying Active Helps  
Keep Your Heart Healthy**

**Glaucoma Awareness  
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# Love Your Heart

**Learn More About Keeping Your Heart In Good Health.**



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## Thyroid Health: What You Need To Know

What is a thyroid? And how do you know if yours is healthy?

If your thyroid isn't working properly, your body isn't working optimally. You may or may not notice, but it can be a big deal and lead to even bigger health issues. (PG 4)



## Love Your Heart

February is American Heart Month, the perfect opportunity to learn more about keeping your heart in good health. (PG 5)



## 20 Tips for a Healthy 2023

No matter your age, a new year is a great time to make healthy improvements in your life. Not sure where to start? Here are 20 tips to improve your mind, body and spirit in 2023. (PG 10)



## Start The Year Strong With Silversneakers

With another new year, comes new goals. Each year we make goals, but sometimes we have a hard time keeping them. (PG 8)



## Staying Active Helps Keep Your Heart Healthy

Hearts are everywhere this month! It's a great time to make sure you're taking care of yours and doing what you can to help prevent heart disease. (PG 10)



## Ask Your Customer Experience Team

The Customer Experience Team is here to support our members. If you have a plan with a monthly premium, you have several options to pay. (PG 13)



## A Message from CMO, Dr. Jason Fish:

It is estimated that a full 40 percent of Americans make New Year's resolutions. In doing so, we tell ourselves that last year was "the old me" and this year will be different. Yet statistically it's been shown that by as early as January 8, 25 percent of all resolutions have fallen by the wayside and by the time the year ends, fewer than 10 percent are fully kept.

Here we are in February. It's already time to re-check what resolutions you may have made and see how well you are doing with keeping those good intentions. If you're like me (and most people) many of our most important resolutions revolve around good health and happy times. That's why we're devoting much of this newsletter to providing you information that will put you – and keep you – on the road to good health, like keys to keeping your heart healthy.

To help start your year off right, we've included in this issue 20 Tips for a healthier 2023. No matter your age, a new year is a great time to make healthy improvements in your life. Don't be afraid to start slowly. The secret is taking it just one day, one step at a time. You may want to challenge yourself to do everything on this list in 2023; however, if that feels overwhelming, choose a few things and really commit to them. What matters most is that you focus on your health and take care of yourself. Another good place to start is with our article on heart health which is important at any age but becomes increasingly so as we get older. The article contains some smart tips I think you will find useful.

As humans we love to make things more complicated than they need to be. We're here to help you keep your new year's resolutions by doing just the opposite -- keeping things simple. And there are so many ways to do just that. Maybe it's participating in one of our "Care N' Community" events or enrolling in a new SilversSneakers program. Maybe it's checking out our healthy living guides or a new healthy recipe found on our website. And maybe it's speaking directly with your doctor or your Care N' Care Customer Experience Team to help provide the inspiration you need to live life to its fullest. Whatever works for you, do it! This is your moment. Stay true to your goals and make 2023 a year worth remembering.

Jason Fish, M.D.

A handwritten signature in black ink, appearing to read "J. Fish".

Chief Medical Officer  
Care N' Care Insurance Company, Inc.



# Thyroid Health: What You Need To Know

## What is a thyroid? And how do you know if yours is healthy?

The thyroid is small, butterfly-shaped gland located at the base of your neck, right under your larynx. This little gland has a big job – it is responsible for producing the hormones that control nearly every function in your body. It plays an important role in regulating your weight, body temperature, muscle strength, and even your mood.

If your thyroid isn't working properly, your body isn't working optimally. You may or may not notice, but it can be a big deal and lead to even bigger health issues.

Thyroid disorders include harmless goiters (a growth in the thyroid gland) to life-threatening cancer. The most common thyroid issues involve the production of too little or too much thyroid hormone.

**Hypothyroidism** is when your thyroid does not produce enough thyroid hormone, slowing down all of your body's

functions, including your metabolism. This can lead to weight gain, lethargy, sensitivity to cold, hair loss and rough, dry skin.

**Hyperthyroidism** is when your thyroid is producing too much thyroid hormone, and your body's systems are pushed into overdrive. Symptoms of hyperthyroidism include difficulty concentrating, feeling restless, frequent bowel movements, and rapid or irregular heartbeat.

If you are experiencing any of these symptoms, talk to your doctor. He or she may want to order a thyroid-stimulating hormone (TSH) blood test. TSH levels that are too high or too low can indicate that your thyroid isn't working properly. Further tests can help your doctor determine the cause of the problem. Treatment may include monitoring, medications or surgery.

# Love Your Heart

February is American Heart Month, the perfect opportunity to learn more about keeping your heart in good health.

The heart is a muscle that pumps blood through your body. But as you age, so does your heart. Normal aging causes your heart and blood vessels to stiffen, which can lead to a variety of conditions known as heart disease. These include conditions such as heart failure, coronary artery disease (a narrowing or blockage of the arteries), and atrial fibrillation (irregular, rapid heart rate).

Fortunately, there are steps you can take to keep your heart as healthy as possible and to reduce your risk of heart disease, including:

- **Maintain a healthy weight.** Obesity is a major risk factor for heart disease. Even being slightly overweight (10-20 pounds for a person of average height) increases your risk.
  - **Eat a heart-healthy diet.** Fruits and vegetables are rich in vitamins, minerals and fiber, which can help control weight and blood pressure. Oily fish like salmon, trout and herring contain heart-healthy omega-3 fatty acids. Choose lean meats and poultry without skin, and cook them without added saturated and trans fat. Avoid sugar.
  - **Read food labels.** Food choices greatly impact your chance of developing heart disease. When shopping, take time to read the labels and look for foods that are low in sodium, cholesterol, saturated fat, and trans fat. When reading the ingredients remember that ingredients are listed from high to low. The higher it is on the list, the more that ingredient is in the food. If sugar is listed first, it means the food has mostly sugar.
  - **Schedule time for exercise.** A lack of physical activity is a major risk factor for heart disease. Not only does exercise make your heart stronger and work more efficiently, it helps burn calories. Healthy adults should be getting at least 30 minutes of exercise five days a week. As a member of Care N' Care, you have the
- SilverSneakers fitness program available to you at no additional cost. Visit [silversneakers.com](https://silversneakers.com) or call your Customer Experience Team to find a participating location near you and join a group of like-minded people focused on maintaining good health and independence.
- **Stop smoking.** Cigarette smokers are two to three times more likely to die from coronary heart disease than nonsmokers. Smoking increases blood pressure, decreases exercise tolerance and “good” cholesterol, and increases the tendency for blood to clot.
  - **Take prescribed medication.** It is vitally important that you take any medication your doctor has prescribed for a heart condition. This includes blood pressure medication.
  - **Learn the signs of a heart attack.** Heart attacks can come on suddenly and intensely, but can also start slowly with just mild pain or discomfort. Early signs are often dismissed because people don't realize what is happening to them. Call 9-1-1 if you experience chest discomfort (may feel like uncomfortable pressure, squeezing, fullness or pain), discomfort in other areas of the upper body (one or both arms, the back, neck, jaw or stomach), shortness of breath with or without chest discomfort (may include breaking out in a cold sweat, nausea or lightheadedness; and women may also experience nausea or vomiting). Even if you're not sure, have it checked out. Fast treatment can make a life-saving difference.
- If you've already been diagnosed with heart disease, lifestyle changes can improve the quality and length of your life. Change is never easy, but small adjustments to your daily activities can have a positive impact on your health. If you have any questions or concerns about your heart health, talk to your doctor.





## 20 Tips for a Healthy 2023

No matter your age, a new year is a great time to make healthy improvements in your life.

Not sure where to start? Here are 20 tips to improve your mind, body and spirit in 2023:

- 1. Walk.** Walking is the easiest, low cost way to be active. All it takes is a good pair of shoes and the willingness to keep moving.
- 2. Try other moves.** If walking creates too great of a strain on your hips and knees, try a stationary bike or swimming.
- 3. Find a buddy.** Many people find that having a buddy to share in your activity increases the commitment to walk or do other exercises.
- 4. Choose colorful food.** Consuming a variety of foods will ensure you're getting all of the nutrients you need.
- 5. Try new recipes.** Explore cookbooks that focus on healthy eating. For many people cooking is also a creative way to relax.
- 6. Eat proper portions.** Consider working with a dietitian to formulate a personalized healthy eating plan.
- 7. Quit smoking.** It's never too late to become a non-smoker. Smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot.
- 8. Stretch every day.** As you age your muscles tighten and lose flexibility. Stretching will make it easier to perform daily physical tasks.
- 9. Stay hydrated.** Don't wait until you're thirsty. Drink lots of water throughout the day.
- 10. Consider supplements.** Talk to your doctor if taking supplemental vitamins is right for you to ensure you're getting all the nutrients you need.



- 11. Mind your meds.** Take all medicine as prescribed by your doctor. Non-adherence can lead to significant health problems.
- 12. Meditate.** Studies have shown that meditating can have many positive impacts on your life, including better sleep, reduced anxiety, and a sense of inner calm.
- 13. Play brain games.** Crossword puzzles and other mental exercises are important to maintaining great cognitive fitness.
- 14. Get into the garden.** Gardening is great exercise and the fresh air can do wonders for your mood and health.
- 15. Volunteer.** The benefits are many, including the satisfaction of helping others, meeting new people and staying physically and mentally active.
- 16. Declutter.** Reducing clutter around your house can help decrease your risk of dangerous falls and accidents that could lead to loss of mobility and independence.
- 17. Phone a friend.** Staying in touch with friends and family helps reduce risk of depression.
- 18. Check out local activities.** Many communities offer programs and activities for seniors that are specifically designed to increase independence, reduce isolation and encourage healthy living... plus socialization is one of the keys to staying young. You can find some in your community at <https://www.cnchealthplan.com/care-n-community/>
- 19. Get regular check-ups.** This will help you and your doctor identify potential health issues before they become a problem. Don't forget about vision and dental exams, as well.
- 20. Do things that make you happy.** Whether it's reading, painting, playing with grandkids or watching your favorite sporting event, take time to enjoy the simple things in life.

Make 2023 the year your focus on YOUR Health and take care of YOU!



# Start The Year Strong With SilverSneakers

With another new year, comes new goals. Each year we make goals, but sometimes we have a hard time keeping them. This is especially true with health and fitness goals. Sometimes we set our sights a little too high or broad (i.e., get healthy or exercise more). One trick to making and keeping goals is to make sure they are SMART: Specific, Measurable, Attainable, Relevant and Time-bound.<sup>1</sup>

1. Specific and Measurable. Know exactly what you will do and how you will check your success along the way.
2. Attainable. Be realistic and don't set the goal too high.
3. Relevant. Make sure it's important to you.
4. Time-bound. Simply give yourself a deadline.

SilverSneakers® is here to help you accomplish those health and fitness goals. After you create your SMART goals, follow these seven tips to stay committed to your workout<sup>2</sup>.

## Tip #1: Be Patient

Finding your groove takes time. Being consistent is what counts.

## Tip #2: Track Your Steps

Find you're more motivated with a daily goal? Try tracking your steps or activity minutes. If you're looking at minutes, aim to get at least 150 minutes of moderate exercise per week. Try to work in at least two days of strength work, too. As for steps, aim to work up to 6,000 to 8,000 steps a day.

## Tip #3: Ease Your Body Into Your Workout

Enjoying exercise to its fullest doesn't mean we still won't have aches and discomfort. But a little bit of preparation can go a long way to making your workout more comfortable, right off the bat. Don't forget your warm up and cool down.

## Tip #4: Find Your Why

What's going to get you out the door when it's the last thing you want to do? It comes down to your values. Whatever that "why" is for you, put a reminder (ex. a photo or sticky note) in a place that you'll see it, such as on your door or next to your walking shoes.

## Tip #5: Create Accountability

Announcing to the world that you're making a commitment is a surefire way to hold yourself responsible. For you, this may be a post on social media, a conversation with your family, or asking a friend to be your accountability partner. If you aren't the type to post it on social media, and just want to keep yourself accountable, record yourself saying your goals on your cell phone. Then hold yourself to it.

## Tip #6: Try Mindful Workouts

Is your mind running a mile a minute while you're exercising?

Focus on what you're doing and what's going on in your environment. What's your breathing like? How do your feet feel on the ground? If your mind slips, it's OK. Just catch it and bring yourself back to the present.

## Tip #7: Have Fun

Working out doesn't have to be all work. Try something a little different.

- Change the terrain. Depending on your comfort level, you can mix up the environment.
- Take the road less traveled. Do you do the same workout every day? Maybe it's time to find a new routine, or a few, that you can mix into your rotation.
- Hit pause and play. One idea: Take a frisbee with you on a walk with friends.
- Get out in the community. Does your neighborhood have fun activities? Sprinkling different commitments into your schedule can keep you inspired.

Get a jump on reaching your goals this year with Silver Sneakers.

Create your online account at [SilverSneakers.com/StartHere](https://www.silversneakers.com/StartHere) to get your SilverSneakers ID number and unlock access to everything that's included.

- Access to thousands of participating locations with equipment, pools and other amenities<sup>3</sup>
- Group exercise classes<sup>4</sup> for all levels at select participating locations
- SilverSneakers Community classes, both in-person and virtual, offered locally
- SilverSneakers LIVE virtual classes and workshops
- SilverSneakers On-Demand videos available 24/7
- The SilverSneakers GO mobile app

## Always talk with your doctor before starting an exercise program.

1. <https://www.silversneakers.com/blog/new-years-resolutions-make-smart-goals/>
2. Adapted from <https://www.silversneakers.com/blog/pywc-stay-committed-to-your-walking-goals/>
3. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
4. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

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# Staying Active Helps Keep Your Heart Healthy

Hearts are everywhere this month! It's a great time to make sure you're taking care of yours and doing what you can to help prevent heart disease.

You may be at an increased risk of heart disease because of health conditions, your lifestyle, your age or family history.<sup>1</sup> The latter two are out of your control. But, with a few lifestyle changes, you do have a lot of power when it comes to protecting your heart and improving other conditions that affect your heart, like diabetes.

Regular exercise may help lower your blood pressure, blood cholesterol and blood sugar levels, and reduce your risk of heart disease.<sup>2</sup> SilverSneakers® can help you get and stay active.

## 4 ways to protect your heart:<sup>3</sup>

1. Eat a healthy diet with plenty of fresh fruits and vegetables and less processed foods, and limit alcohol.
2. Maintain a healthy weight to avoid putting extra stress on your heart and blood vessels.
3. Don't smoke, but if you do smoke, quitting now can help lower your risk for heart disease.
4. Get regular physical exercise by spending 2 hours and 30 minutes weekly doing moderate-intensity exercise, like brisk walking or workout classes.

SilverSneakers® is a lifestyle and fitness program designed specifically for seniors, and is included with your Care N' Care (HMO/PPO) plan at no additional cost. Check out articles from [SilverSneakers like 8 Things Cardiologists Wish Every Older Adult Knew to Prevent Heart Attacks](#).

With SilverSneakers, you're sure to find something to fit your level, from SilverSneakers Classic with seated options, to high-intensity Total Body Strength. Plus, SilverSneakers gives you access to:

- memberships to thousands of fitness locations<sup>4</sup> (visit as many as you like)
- group exercise classes<sup>5</sup> designed for all abilities

- instructors trained in senior fitness
- fun activities held outside the gym
- [SilverSneakers On-Demand](#) online workout videos for at-home workouts, available 24/7
- [SilverSneakers LIVE](#) full-length classes and workshops (exercise with others, but from the comfort of home)
- SilverSneakers GO mobile app with workout programs, location finder and more

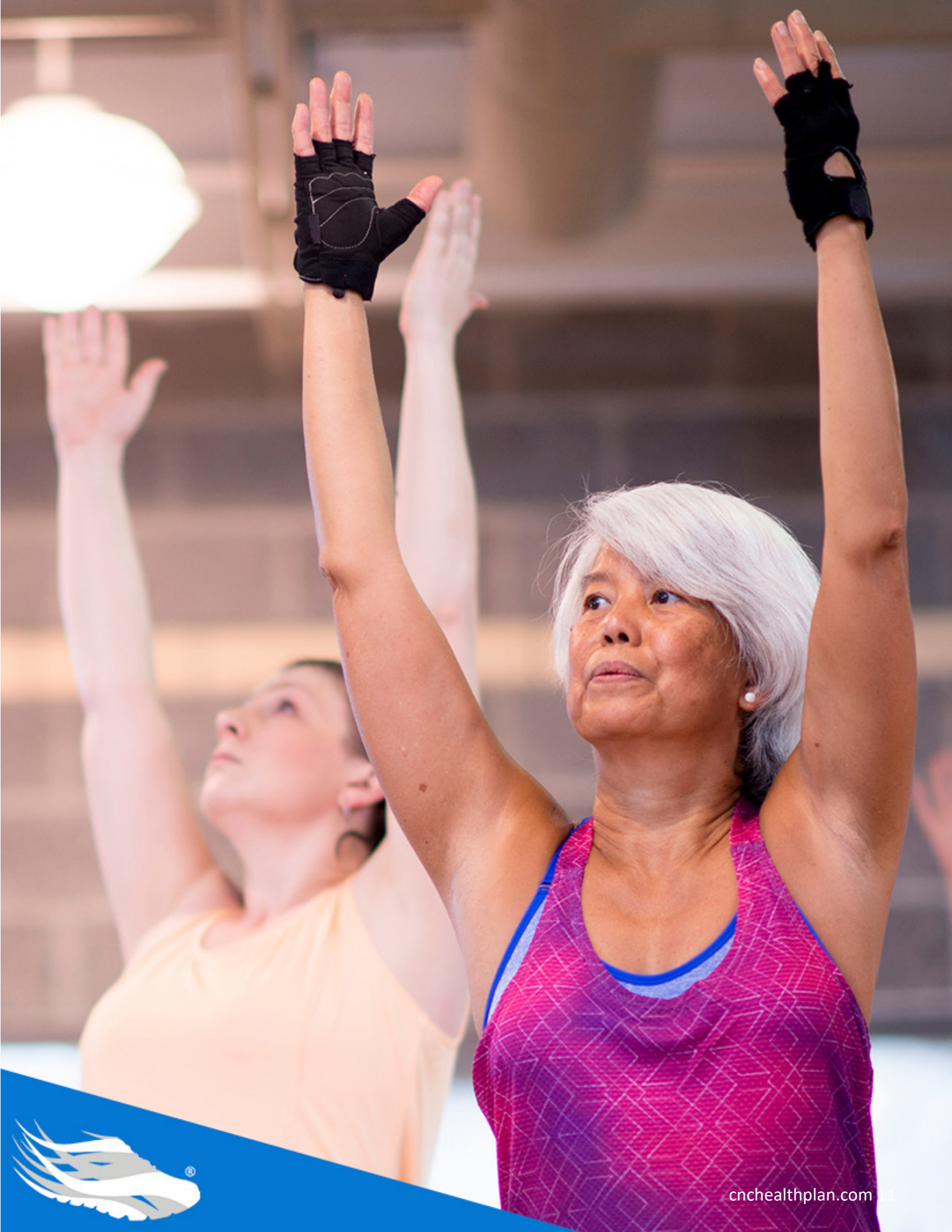
Go to [SilverSneakers.com/GetStarted](https://www.silversneakers.com/GetStarted) to get your SilverSneakers ID number today.

Always talk with your doctor before starting any exercise program.

1. [cdc.gov/heartdisease/risk\\_factors.htm](https://www.cdc.gov/heartdisease/risk_factors.htm)
2. [nhlbi.nih.gov/files/docs/public/heart/phy\\_active\\_brief.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/phy_active_brief.pdf)
3. [cdc.gov/heartdisease/prevention.htm](https://www.cdc.gov/heartdisease/prevention.htm)
4. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities are limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.
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# Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms – that’s why half of people with glaucoma don’t know they have it.

The only way to check for glaucoma is to get a comprehensive dilated eye exam. There’s no cure for glaucoma, but early treatment can often stop it from damaging people’s vision.

Anyone can get glaucoma, but some people are at higher risk, including people who:

- Are over age 60
- Are Black/African American and over age 40
- Are Hispanic/Latino
- Have a family history of glaucoma

People at higher risk for glaucoma are encouraged to make a New Year’s resolution to take care of their eye health by getting a dilated eye exam. Source: National Eye Institute

## 5 Reasons For Your Annual Eye Exam

An annual eye checkup is a simple, low-stress way to keep tabs on your eye and overall health. Here are a few things your optometrist will be looking for:

### Glaucoma

Glaucoma has been called, “the silent thief of sight” because too often, it goes unnoticed before too much damage is done to save vision. It’s caused by too much pressure in the eyes.

### Cataracts

Cataracts are a nearly unavoidable part of aging. Over time, the lens in the eyes can get cloudy and yellow. But, updated eyewear prescriptions can often delay surgery, which is easy and low-risk.

### Diabetic Retinopathy

This affects diabetic patients and can rob sight. The tiny blood vessels in the eye that feed the retina become damaged and allow fluids to seep into the eye. Treatment includes changes in diet and exercise, and also surgery.

### Refractive Errors

Vision usually changes and worsens with age. A yearly checkup will help keep vision sharp with updated eyewear prescriptions.

### Age-Related Macular Degeneration (AMD)

This is the leading cause of blindness among older adults but, early detection and treatment can slow its progress significantly. There are a couple different types of AMD. The type determines the treatment – ranging from laser surgery, medication or dietary supplements to slow the disorder.

Given all these advantages, it makes good sense to keep that yearly appointment with the optometrist! Need to find an optometrist near you? Search the Care N’ Care (HMO/PPO) online provider directory (<https://www.cnchealthplan.com/find-a-provider/>) for an Optometry specialist near you, or call your Customer Experience Team.







## Ask Your Customer Experience Team

If you have a plan with a monthly premium, you have several options to pay.

1. From your Social Security or Railroad Retirement Board (RRB) – Automatic deduction is an option from your monthly Social Security or RRB benefit check. **Easy and Convenient!**
2. From your Bank Account – Using the Electronic Funds Transfer (EFT) process, you can choose to have your monthly premium automatically deducted from your checking or savings account by completing the Bank Draft Authorization form. **Set it and Forget it!** Find the EFT form here, [https://www.cnchealthplan.com/wp-content/uploads/PY2023\\_Forms\\_Auto-Bank-Draft\\_v2\\_FF-Final.pdf](https://www.cnchealthplan.com/wp-content/uploads/PY2023_Forms_Auto-Bank-Draft_v2_FF-Final.pdf)
3. Pay Online – Pay your monthly premium online using PayPal located on the members page of the Care N' Care website. <https://www.payerexpress.com/ebp/CNC/>. **It's fast, easy and always on time!**
4. Pay by Mail – Chose to receive a monthly invoice from Care N' Care and send your payment via the US Postal Mail. 1603 Lyndon B. Johnson Freeway, Suite 300, Farmers Branch, TX 75234



If you would like to change how you are currently paying your monthly premium, call your Customer Experience team to walk you through the steps. 1-877-374-7993 (TTY 711) October 1 - March 31, 8 a.m. to 8 p.m., CST, seven days a week or April 1 - September 30, 8 a.m. to 8 p.m., CST, Monday through Friday.

# Be on the lookout!

**Want to improve the quality of your healthcare?**

**Let us know how we are doing!**

In the coming months you may be selected to receive one of the following surveys in the mail. These surveys are your voice – your chance to speak up and be heard.

## **Health Outcomes Survey (HOS)**

A multiple choice survey that contains a series of questions about your health.

## **The Consumer Assessment Of Healthcare Providers And Systems (CAHPS) Survey**

The Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey helps provide feedback on your health care experience. Centers for Medicare & Medicaid Services (CMS) selects a random sample of health plan members from eligible Medicare Advantage (MA) contracts to participate in CAHPS each year in March by mail. We will use the information from the surveys to improve your overall care experience.

**We encourage you to participate!** By completing the survey, you help identify areas for us to improve – tell us what’s working and what’s not so we can get better. Your interactions with your care providers play a key role, providing a better way to care together. We want to hear from you. If you receive the survey, please take a moment to share your healthcare experiences. Sharing your feedback helps to promote change and getting timely treatment.

Reference: Consumer Assessment of Healthcare Provider & Systems (CAHPS)



**IT'S NOT  
TOO LATE**  
— FOR A —  
**FLU SHOT**

## **Setting The Record Straight**

### **Key facts about the flu vaccine\*:**

- Recommended annually and covered by your health plan. Available in an egg-free vaccine.
- Does not give you the flu.\*\*
- Reduces the likelihood of getting the flu and severe complications of pneumonia.\*\*

\*People with a severe allergy to chicken eggs, and some other individuals, should not be vaccinated without first talking to their doctors.

\*\*According to the Centers for Disease Control and Prevention.





# Easy Crock Pot Chicken Tortilla Soup

Cook time: 4 Hours

Serving size: 8 Servings

## Ingredients

- 2 lbs boneless skinless chicken breast
- 1 package (32 oz) chicken broth
- 1 can (15 oz) black beans, drained and rinsed
- 1 bag (14 oz) frozen corn
- 2 jars (15 oz each) medium salsa (or use spicy salsa if you like it hot)

## Optional Toppings:

- 2 avocados
- 8 corn tortillas
- 8 tbsp sour cream
- 4 oz shredded cheese

## Instructions

Put chicken breasts, chicken broth, black beans, frozen corn and salsa in a slow cooker. Cook for 4 hours on High or 8 hours on Low. Before serving the soup, remove the chicken breasts from the slow cooker and shred them in a



food processor using a top round slicing disk. Alternatively, you can shred them by hand by using two forks, or chop into pieces with a knife. Put the shredded chicken back into the soup and stir. Ladle the soup into bowls and top with optional toppings.

## To make tortilla strips

Preheat oven to 400F. Cut the corn tortillas into strips and put on a baking sheet — Bake for 15 minutes, or until crunchy.

## New Providers to Our Network

Our network continues to grow in all specialties. Visit our online provider directory at [cnhealthplan.com/search](http://cnhealthplan.com/search) to locate a doctor that meets your needs. You can also contact your Customer Experience Team for assistance.

### Cung, Tam DO

Internal Medicine  
Jabari Healthcare LLC

### Oderidne, Barikat FNP-C

Internal Medicine  
Jabari Healthcare LLC

### Tetteh, Janet FNP

Internal Medicine  
Jabari Healthcare LLC

### Parker County Hospital District

Skilled Nursing

### Springtown Ventures LP

Skilled Nursing

### Garden Terrace Alzheimers Center of Excellence

Skilled Nursing

### Life Care Center of Haltom

Skilled Nursing

### Renaissance Park Multi-Care Center

Skilled Nursing



# Community Event Calendar

Care N' Care welcomes you! Join us for some fun and connect with your community.

February 2023			
Friday, February 10, 2023	Jewish Community Center of Dallas	10:00 - 11:00	Fitness YOUR Way
Friday, February 10, 2023	Lake Worth Senior Center	12:15 - 1:15	Valentine Cookie Decorating
Monday, February 13, 2023	White Settlement Senior Center	11:00 - 12:00	Valentine Cookie Decorating
Tuesday, February 14, 2023	Carver Senior Center	9:30 - 10:30	Trivia Time & Cookie Decorating
Tuesday, February 14, 2023	Good N.E.W.S. Azle	8:30 - 10:00	Senior Breakfast
Tuesday, February 14, 2023	Kennedale Senior Center	10:30 - 11:30	Valentine Cookie Decorating
Tuesday, February 14, 2023	Sam Johnson Rec Center	12:00 - 1:00	Fitness YOUR Way
Wednesday, February 15, 2023	Sammuell Grand Senior Center	11:00 - 12:00	Fitness YOUR Way
Thursday, February 16, 2023	Azle Senior Center	11:00 - 12:30	It's a Boogie Birthday Party
Thursday, February 16, 2023	East Arlington	12:00 - 1:00	Trivia Time
Thursday, February 16, 2023	Royse City Senior Center	12:00 - 1:00	Ice Cream Social
Friday, February 17, 2023	Cleburne Senior Center	10:00 - 11:00	BINGO
Monday, February 20, 2023	Allen Senior Center	1:00 - 4:00	Mardi Gras Party
Monday, February 20, 2023	Thrive Rec Center	10:00 - 11:00	Fitness YOUR Way
Monday, February 20, 2023	Victory Forest Senior Center	10:00 - 11:00	Fitness YOUR Way
Tuesday, February 21, 2023	Cross Timber YMCA	1:00 - 2:00	Aromatherapy Class



## February 2023

Tuesday, February 21, 2023	Good N.E.W.S. Azle	8:30 - 10:00	Senior Breakfast
Wednesday, February 22, 2023	Haltom Senior Center	11:00 - 1:00	Birthday Celebration
Thursday, February 23, 2023	Sam Johnson Rec Center	12:30 - 2:00	King of Swings Luncheon
Thursday, February 23, 2023	White Settlement Senior Center	11:00 - 12:00	Adult Coloring
Friday, February 24, 2023	Allen Senior Center	10:00 - 11:00	Trivia Time
Friday, February 24, 2023	Lake Worth Senior Center	11:00 - 1:00	Birthday Celebration
Friday, February 24, 2023	Mineral Wells Senior Center	12:00 - 1:00	Birthday Celebration
Monday, February 27, 2023	Sachse Senior Center	10:30 - 11:30	BINGO
Tuesday, February 28, 2023	Burleson Senior Center	11:15 - 12:15	Fitness YOUR Way
Tuesday, February 28, 2023	East Cleburne Community Center	9:00 - 10:00	BINGO
Tuesday, February 28, 2023	Good N.E.W.S. Azle	8:30 - 10:00	Senior Breakfast
Tuesday, February 28, 2023	Rowlett Community Center	8:30 - 9:30	BINGO



For more details and a full calendar of events visit  
[cnhealthplan.com/find-us-in-the-community/](https://cnhealthplan.com/find-us-in-the-community/)

# All About the Heart

A S N M E K U Y V B S O B W P K P O C N K N C D L N V H N E  
 H O T S U F K I Y W Q B S E S I X I J U B W P M U P T F U L  
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 T D O U A U F E Y R L U I Y A K P P S P T M O J D M Y L A T  
 H B O H M L S M Y X I A J R B A W V N L V P B N O D T S O H  
 S I D P H D V S U R L V E U H I F K K J M U K W N Z V E C G  
 E C F S G O Y E T S T E T H O S C O P E U C J U S E G F F I  
 H U L E D S E A S Y C C D E N S H C I X D V W U N O G E E R  
 W R O Y T H T T T I W L D H D J O E M K M D P A B Q C X V B  
 Z V W E T F R P X K Q Z E M E H O H A E Y Z C R Q B H V T L  
 Z D M S E V R A L V B X M S Y Q J X G M G A B X R A E D I X  
 L E C L I W A E R O K Q X O X T W U B M V K M L S U O P D A  
 S V P C D A S Z J T Y K U U K G Q V R A R Q R J Z X Z G H U  
 A E M H A W D Z V X E C O W T D C E Y U Q Z X F V W G L P P  
 W I F O Y R W P S Q H R E S F F K C O M H Z N P C N L F T F  
 G N R J Z O J N L C H X Y D L E S K L M A J M D T N R Y L H  
 K S U A V Y N P E K Y J E R J F S U O J D Z X U V M U R C K  
 U J J S A R E G J T G E Q A O R T A X D H K E Y Z D F Z G E  
 J N Y K U L Q H L E F T V E N T R I C L E W X Y S G U D C U  
 Y D P Y T Y U K R S H C C F Z R E S O V C D L F N Z R S G X  
 R I Z T G N W B I G V Z X L E A Q H M J L T L G F J S U N V  
 D P C Q Z G E Q R O M J C Y L E F W X D U V V F W E I S X K  
 V X I X S F C E R Z A U G W B H A P X U Z T Q I S M G Q K D  
 M V R M C A Z I X S V M J K A K L B A T L P M V V N S Y R B

Aorta

Artery

Blood Flow

Circulatory System

Clogged Arteries

Healthy Habits

Heart

Left Atrium

Left Ventricle

Muscle

Nutrients

Pericardium

Pump

Right Atrium

Right Ventricle

Septum

Stethoscope

Valves

Veins

Vena Cava



# Additional Resources

## Plan Documents

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ANYTIME, ANYWHERE!

View and download important plan documents no matter where you are— just by accessing them online anytime. Find plan documents at [www.cnchealthplan.com/our-plans-2022/plan-documents-2022/](http://www.cnchealthplan.com/our-plans-2022/plan-documents-2022/).

## Tools and Resources

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Would you like to pay your premium online? Replace your ID card? Look for a provider near you? Use the Care N' Care website to do all that and more at: [www.cnchealthplan.com/member-tools-resources/](http://www.cnchealthplan.com/member-tools-resources/)

## Need A Provider?

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Do you need to find a new doctor or looking for a facility in our network? Visit the Care N' Care website for real-time provider information. The easy to use search tool is available 24/7 at [cnchealthplan.com/search](http://cnchealthplan.com/search).

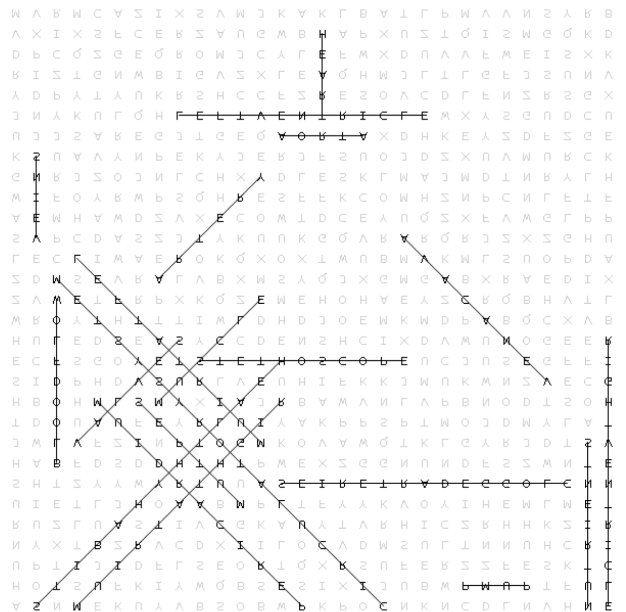
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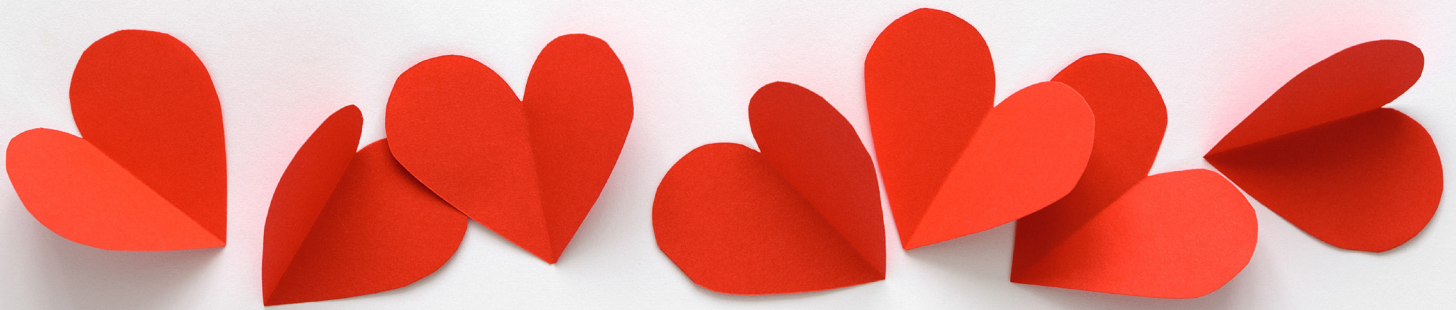
Farmers Branch, TX 75234

<<FIRST NAME>> <<LAST NAME>>

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<<CITY>>, <<STATE>> <<ZIP>>

Health and wellness or prevention information. Care N' Care Insurance Company, Inc. (Care N' Care) is an HMO and PPO plan with a Medicare contract. Enrollment in Care N' Care depends on contract renewal. CNC\_MCDOC\_23\_158



## We're Here for You!

Questions or need assistance? Contact your Customer Experience Team by phone, or email:



Email: [yourteam@cnchealthplan.com](mailto:yourteam@cnchealthplan.com)



Call: 1-877-374-7993 (TTY 711)

October 1 - March 31, 8 a.m. to 8 p.m., CST, seven days a week or April 1 - September 30, 8 a.m. to 8 p.m., CST, Monday through Friday.