

CLEAR SPRING HEALTH

MEMBER NEWSLETTER



Clear Spring Health simplifies healthcare to make it clear, accessible, and stress-free. We offer high quality care that supports your health and wellness needs to ensure a life well lived.



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UNDERSTANDING YOUR CARE OPTIONS

As a Clear Spring Health plan member, we want to make sure you get the right care, at the right time. Here is what you need to know:



STEP ONE: *Call Your Primary Doctor*

- Your primary care doctor is your first stop.
- Call them for advice, an appointment, or guidance on what type of care you need.



STEP TWO: *Urgent Care* (When It Is Serious but Not Life-Threatening)

If you have an illness or injury that requires same-day medical attention but is not life-threatening, go to an urgent care center. This option will usually have lower costs and shorter wait times.



OR: *Emergency Room* (For Life-Threatening Problems)

Go to the hospital emergency room if you have a life-threatening illness or injury that requires high level medical equipment.

IF ADMITTED TO THE HOSPITAL:

- You have the right to ask questions about your care at any time.
- If you do not understand something, ask the nurse supervisor, hospital doctor (hospitalist), or your primary care doctor.
- You can choose a family member or trusted person to speak for you (a "health care advocate").
- Tell the hospital the name of your primary care doctor and any specialists.
- Make sure your primary care doctor knows the hospital has admitted you.



WHEN YOU LEAVE THE HOSPITAL (*Discharge*)

Leaving the hospital can feel overwhelming, especially with new health conditions or new medications. Here are some important steps:

STEP ONE:

Understand Your Post Discharge Instructions

- When the nurse gives you discharge papers, ask questions about your aftercare.
- Write down important notes or ask a loved one to help.
- If you prefer, use your phone to take notes.

STEP TWO:

Understand Your Medications

- Ask about your new medications and if you should stop any of your old ones.
- Make sure you are not taking duplicate medications.

UNDERSTANDING YOUR CARE OPTIONS

STEP THREE:

Understand New Equipment and/or Services at Home

- If the hospital advises you to use home health services or medical equipment (DME), ask if the hospital has completed the approvals (authorizations).
- Ask the hospital case manager if they can order Nation's Market meals for you. If not, you may call Clear Spring Health member services 1-877-364-4566 (TTY: 711). The meals are allergy-friendly and diagnosis specific. You can receive 20 meals within 28 days after being discharged from the hospital. This applies to two inpatient discharges per year.

STEP FOUR:

Follow-Up Appointment

- Ask the hospital if a follow-up visit with your primary care doctor has been arranged.
- If not, call your doctor 24-48 hours after going home.
- Tell your doctor the hospital discharged you and request a follow-up within 15 days.
- Use the follow up as an opportunity to discuss medication details, home care, and use of any new medical equipment.

REMEMBER: *You are never alone*



Clear Spring Health is here to help guide you through every step of your care.

Clear Spring Health Member Services Hours of Operation:

October 1st – March 31st: 7 days a week: 8:00 a.m. – 8:00 p.m.

From April 1st – September 30th: Monday-Friday: 8:00 a.m. – 8:00 p.m.

CLEAR SPRING HEALTH'S transition of care nurses will attempt to reach out to you and ask questions about your hospital stay. They will assist with questions about your discharge orders, medications, and any equipment needed. Our goal is to collaborate with your primary care doctor to avoid any readmissions for you.

ADVANCING HEALTH EQUITY FOR EVERY MEMBER

At Clear Spring Health, we believe in treating every member as a person – not a policy. As we continue to grow, our commitment to health equity remains a top priority.

Across the United States, there are well-documented differences in health outcomes among racial and ethnic groups. The World Health Organization defines health equity as “the absence of unfair and avoidable or remediable differences in health among population groups defined socially, economically, demographically, or geographically.”

We share that vision. Our goal is to remove barriers so that every member can access the care they deserve – fairly and fully.



Why We Collect Race and Ethnicity Data

By gathering information about race and ethnicity, we can better understand where disparities exist and identify where our members are thriving. This helps us:

- Recognize and address gaps in care
- Build on successful programs and best practices
- Create solutions that support all members equally
- Reduce health and financial burdens caused by inequities

How We Work to Improve Equity

We partner with the National Committee for Quality Assurance (NCQA) – an independent organization that works to improve health care quality nationwide. NCQA uses Healthcare Effectiveness Data and Information Set (HEDIS) measures to ensure that your health needs are being met.

To support fair and accurate reporting, NCQA:

- Reports race and ethnicity data separately
- Allows members the option to decline sharing information
- Accepts both self-reported and verified data
- Follows established HEDIS audit and sampling guidelines

Our Shared Commitment

Collecting this information helps Clear Spring Health and NCQA design programs that break down barriers and support better care for everyone.

Thank you for helping us make healthcare more equitable, more personal, and more effective for you – and for all members of the Clear Spring Health community.

IMPORTANCE OF UPDATING YOUR INFORMATION

Staying connected helps us take better care of you. When your information is current, we can reach you quickly, support your care needs, and make sure nothing important is missed.

WHY WE NEED YOUR UPDATED INFORMATION

Contact Information

It's important that your **phone number, address, and email** are accurate. This allows our team to reach you when you need care, answer your questions, and keep you informed about your coverage.

You may receive calls from our **Pharmacists, Case Managers, Discharge Planners, or Home Health Nurses** – all working together to help manage your health and support your recovery.

Changes in Your Health Status

If your health changes – such as new medications, allergies, or medical conditions – please let us and your care team know. Keeping this information up to date helps ensure you get the safest and most effective care possible.

Your Doctors and Pharmacies

In addition to updating Clear Spring Health, make sure your **doctor's office and local pharmacy** have your correct contact details. This helps with appointment reminders, prescription refills, and referrals so your care stays on track.



A HELPFUL REMINDER

Take a moment to review your information regularly. If you or someone you care for has a new phone number or address, please contact **Member Services** – the number is listed on the back of your Clear Spring Health ID card.

Keeping your information current helps us stay connected – so we can focus on what matters most: **your health and wellbeing.**

Clear Spring Health Member Services: 1-877-364-4566 (TTY: 711) Hours of Operation: From October 1st–March 31st: 7 days a week: 8:00 am–8:00 pm From April 1st–September 30th: Monday–Friday: 8:00 am–8:00 pm (You may leave a voicemail Saturdays, Sundays, and Federal Holidays).

SPECIAL NEEDS PLANS (SNP)

Special Needs Plans are a type of Medicare Advantage Plan that provides coordinated care to members with chronic conditions or those with both Medicaid and Medicare.

CLEAR SPRING HEALTH OFFERS SNPS FOR THE FOLLOWING CONDITIONS:

Chronic SNP (C-SNP):

Diabetes, Chronic Heart Failure, Cardiovascular Disease

C-SNP Plans are available in the following counties and states:

- **GEORGIA**

Baker, Baldwin, Banks, Barrow, Bibb, Bleckley, Bryan, Butts, Chatham, Cherokee, Clayton, Clinch, Crawford, Dawson, DeKalb, Dodge, Dooly, Fayette, Forsyth, Franklin, Greene, Hancock, Hart, Heard, Henry, Houston, Jasper, Jones, Lamar, Lumpkin, Macon, Madison, McIntosh, Meriwether, Monroe, Morgan, Newton, Oconee, Oglethorpe, Peach, Pickens, Pike, Pulaski, Putnam, Rabun, Rockdale, Schley, Screven, Stephens, Talbot, Taliaferro, Taylor, Twiggs, Walton, White, Wilcox, Wilkinson

- **ILLINOIS**

Boone, Clinton, Cook, DuPage, Kane, Kankakee, LaSalle, Macoupin, Madison, McHenry, Ogle, St. Clair, Stephenson, Will, Winnebago

- **COLORADO**

Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Crowley, Custer, Denver, Douglas, El Paso, Elbert, Fremont, Gilpin, Grand, Huerfano, Jackson, Jefferson, Larimer, Morgan, Park, Pueblo, Teller, Washington, Weld

For more information on Special Needs Plans, please visit our website at:
www.clearspringhealthcare.com

COVERAGE DECISIONS, APPEALS, AND COMPLAINTS

You can learn about the processes for Coverage Decisions, Appeals, and Complaints by reading the following sections of your Evidence of Coverage (EOC) or by reaching out to us. A copy of your Evidence of Coverage is available online at www.clearspringhealthcare.com/plan-documents/ or you can call 1-(877) 364-4566 (TTY: 711) to request we mail you a copy.

- Situations in Which You Should Ask Us to Pay Our Share of the Cost of Your Covered Services or Drugs (EOC Chapter 7, Section 1)
- How to Make a Complaint (EOC Chapter 9, Section 10)
- A Guide to the Basics of Coverage Decisions and Appeals (EOC Chapter 9, Section 4)
- Step-by-Step: How a Level 2 Appeal is Done (EOC Chapter 9, Section 5.4)



UNDERSTANDING YOUR BENEFITS



Knowing the benefits you receive as a Clear Spring Health member is important. You can refer to the following sections of your Evidence of Coverage (EOC) to learn about them in detail. A copy of your Evidence of Coverage is available online at www.clearspringhealthcare.com/plan-documents/ or you can call 1-(877) 364-4566 (TTY:711) to request we mail you a copy.

- Use the Medical Benefits Chart to Find Out What is Covered and How Much You Will Pay (EOC Chapter 4, Section 2.1)
- What Services Are Not Covered by the Plan? (EOC Chapter 4, Section 3)
- Restrictions on Coverage for Some Drugs (EOC Chapter 5, Section 4)

MEMBER RIGHTS & RESPONSIBILITIES

As a Clear Spring Health plan member, you have the right to:

- Be provided with information about your Clear Spring Health plan, its services and benefits, its providers, and your rights and responsibilities as a member.
- Use our Clear Spring Health network of affiliated doctors and providers to choose your primary care physician or to change to another primary care provider (PCP) if required by your plan.
- Privacy and confidentiality regarding your medical care and records. Records pertaining to your healthcare will not be released without your, or your authorized representative's, written permission, except as required by law.
- Discuss your medical record with your doctor or provider and receive, upon request, a copy of that record. Be informed of your diagnosis, treatment choices, including non-treatment, and prognosis in terms you can reasonably expect to understand, and to participate in decision making about your healthcare and treatment plan.
- Have a candid discussion with your medical provider about appropriate or medically necessary treatment options for your conditions, regardless of cost or benefit coverage.
- Expect reasonable access to medically necessary healthcare services, regardless of race, national origin, religion, physical abilities, or source of payment.
- File a formal complaint, as outlined in the plan's grievance procedure, and expect a response to that complaint within a reasonable period of time.
- Be treated with courtesy and respect, with appreciation for your dignity and protection of your right to privacy.
- Make recommendations regarding the plan's "rights and responsibilities" policies.
- Receive Clear Spring Health's "Notice of Privacy Practices."
- Expect your personal information to be kept secure and used appropriately for payment and health plan operations.
- Expect Clear Spring Health to adhere to all privacy and confidentiality policies and procedures.

UNDERSTANDING YOUR PHARMACY & MEDICATION OPTIONS (PART D)

You may notice that in the **Pharmacy Directory**, some pharmacies are marked as **Preferred (P)** and others as **Non-Preferred (N)**.

- **Preferred pharmacies** may offer lower costs for certain medications.
- **Non-Preferred pharmacies** may have higher costs.

You can also choose the convenience of **home delivery** through our **mail order pharmacy program**, which is part of our network.

In the **Clear Spring Health Formulary (Drug List)**, you'll see medications listed in different ways:

- *Italics* indicate **generic medications**, which are often more affordable.
- **ALL CAPITAL LETTERS** indicate **brand name medications**, which may have higher costs.

Medications are grouped into tiers, which help determine your cost:



Choosing a **preferred pharmacy** and **lower-tier medications**, when available, can help you save money.

If you have any questions, we're here to help. Contact **Clear Spring Health Member Services** at **1-877-364-4566 (TTY 711)**.

We're committed to helping you get the care and coverage that works best for you.

Save time and stay on track with home delivery and automatic refills

With Optum® Home Delivery, you can get a 3-month supply of your long-term medication. Plus, they mail them to you with free standard shipping.

Want more reasons?



Skip the trips

They deliver your medication to your door. You don't even have to leave home or wait in the pharmacy line.



Save money

You may pay less than what you do at in-store pharmacies. And, standard shipping is free. Split up your costs into 3 equal monthly payments if you'd like.



Stay on track

With a 3-month supply, you may be less likely to miss a dose.

Automatic refills

Sign up today to have your home delivery prescriptions automatically refilled. Then, check one more thing off your list.

Ready when you need them

Use the website and app any time to track orders, request refills, price medication and more. Pharmacists and customer support team are available 24/7.

Ready for home delivery? Choose one of the following ways to sign up.



- Scan the code or visit optumrx.com
- Use the Optum Rx app
- Ask your doctor to send an electronic prescription to Optum Home Delivery
- Call the number on your member ID card

Frequently asked questions

Is the Optum Home Delivery pharmacy in my plan's network?

Yes, it's part of your plan's pharmacy network. You are not required to use Optum Home Delivery.

Once I've enrolled in home delivery, how long will it take to get my medication?

Medication should arrive within 5 business days after they receive the complete order.

Do I need to set up a home delivery account?

Yes. Before they can ship your first order, you need to set up your account and provide your payment method (credit card, debit card or bank account). Using your account, you can go online or use the app any time to place and track orders, check prices, and more.

How does the automatic refill program work?

Go online or use the app to see and enroll all eligible medication. Then, Optum Home Delivery will send your refills when it's time. They notify you before your order ships and bill your approved payment method on file. It's that easy.

Can I use home delivery for any medication?

Use home delivery for long-term medication. These may be taken for high blood pressure, cholesterol or depression, just to name a few. See which of your prescriptions can be filled through home delivery by going online or using the app.

Can I set up medication reminders?

Yes. Go online or use the app to check your profile and turn on email and phone notifications and reminders.

Do I have to pay for a 3-month supply all at once?

No. You can split it up into 3 monthly payments if you choose.

Sign up for home delivery today



Log in to optumrx.com or use the Optum Rx app



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PREVENT THE FLU THIS SEASON 2025–2026

Get Vaccinated!

Getting your flu vaccine is one of the best ways to protect yourself, your loved ones, and your community. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older receives a flu shot each year, with few exceptions.

If you're 65 or older, or living with a chronic condition such as asthma, diabetes, heart disease, stroke, or chronic kidney disease, getting vaccinated is especially important. These conditions can make the flu more serious – but the vaccine can help lower your risk of severe illness.

Even if you still get the flu after being vaccinated, your symptoms are likely to be milder. Because the flu virus changes each year, it's important to get vaccinated annually to stay protected.

If you have questions about the flu shot, your primary care provider or pharmacist can help you decide what's right for you.

You can get your flu vaccine at your doctor's office, local pharmacy, or by contacting Clear Spring Health Member Services at 1-877-364-4566 (TTY 711). Hours of Operation: From October 1st–March 31st: 7 days a week: 8:00 am–8:00 pm from April 1st–September 30th: Monday–Friday: 8:00 am–8:00 pm (You may leave a voicemail Saturday, Sunday, and Federal Holidays).



TAKE CHARGE OF YOUR HEALTH THE EASY WAY.

We believe that staying healthy starts with preventive care. To promote this, we encourage you to participate in the 2026 Better Health 4 You Rewards Program—a simple way to earn rewards while taking care of yourself.

2026 BETTER HEALTH 4 YOU - C-SNP PLAN MAXIMUM REWARDS	
ANNUAL PHYSICAL EXAM	\$75.00
IN HOME VISIT (4X PER YEAR/\$25 PER VISIT)	\$100.00
DIABETIC RETINAL SCREEN (ANNUAL)	\$25.00
CONTROLLED A1C (2X PER YEAR/\$25 EACH)	\$50.00
DIABETIC KIDNEY FUNCTION TEST (BOTH TESTS MUST BE COMPLETED)	\$50.00
ANNUAL FLU SHOT	\$25.00
BREAST CANCER SCREENING	\$25.00
COLORECTAL CANCER SCREENING	\$25.00
15-DAY POST-HOSPITAL/SNF DISCHARGE WITH CASE MGMT (1 FOLLOW UP VISIT PER INPATIENT DISCHARGE. 8X PER YEAR, \$25 PER VISIT)	\$200.00
TOTAL REWARDS FOR C-SNP PLANS	\$575.00

2026 BETTER HEALTH 4 YOU - HMO/PPO PLAN MAXIMUM REWARDS	
ANNUAL PHYSICAL EXAM	\$75.00
ANNUAL FLU SHOT	\$25.00
BREAST CANCER SCREENING	\$25.00
COLORECTAL CANCER SCREENING	\$25.00
TOTAL REWARDS FOR HMO/PPO PLANS	\$150.00

Activities must be completed by September 30, 2026, to ensure rewards are distributed and used before December 31, 2026, as per Medicare guidelines. Incentives are awarded within 30 days after claims have been received from your provider. Please ensure your provider submits the claims for completed screenings or tests referenced above.

CAHPS® SURVEY: YOUR VOICE MATTERS.

At Clear Spring Health, your experience and feedback guide everything we do. Each year, some of our members are invited to share their opinions through the **CAHPS® Survey, which is short for Consumer Assessment of Healthcare Providers and Systems.**

WHAT IS THE CAHPS® SURVEY?

The CAHPS® Survey is a **confidential questionnaire** sent to a random group of members like you. It helps us understand how well your doctors and health plan meet your needs.

You may be asked about:

- How easy it is to get the care you need
- How clearly your doctors communicate with you
- How you would rate your health plan and your care
- Whether you feel respected, heard, and supported
- How well you're helped in managing your health conditions

Medicare uses this feedback to help rate the quality of health plans – including ours. Your responses directly help us improve care and support for all members.

WHY YOUR FEEDBACK MATTERS

No one understands your healthcare experience better than you. Your voice helps us see what's working well and where we can do better. When you share your honest feedback, you help shape a better, more compassionate healthcare experience – for yourself and for others.

WHAT TO EXPECT

If you're selected, you'll receive the CAHPS® Survey by mail between **March and June** from **Press Ganey**, a trusted partner working with Clear Spring Health. Some members may also receive a reminder by phone or email.

Here's what to know:

- The survey is **safe and confidential**
- It will **not affect your benefits**
- It takes about **15–20 minutes** to complete

Your time and feedback make a real difference. Every response helps ensure that your care – and the care of all our members – stays focused on what matters most: **you.**

WHY COMPLETING YOUR ANNUAL WELLNESS VISIT IS IMPORTANT

One of the best ways to stay on top of your health is by completing your Annual Wellness Visit with your primary care provider (PCP). This yearly check-in is covered at no cost to you and focuses on preventive care to help you live your healthiest life.

WHAT HAPPENS DURING THE ANNUAL WELLNESS VISIT?

During this visit, your doctor will:

- Review your family and medical health history
- Identify potential health risks
- Discuss your medications and any necessary vaccinations
- Help create a personalized prevention plan to assist with your needs
- Check in on your mental and physical health

By keeping this appointment, you are taking an important step in preventing future health issues and managing any conditions you may already have.

WHY IT'S ESPECIALLY IMPORTANT FOR YOU

As we age, it becomes even more important to stay on top of our health, and an annual wellness visit is one of the best ways to catch any issues early. For Clear Spring Health members, this visit helps improve your overall health, prevents complications, and makes sure your care is personalized to your needs.

HOLIDAY SEASON

We want our members to stay safe and enjoy the holiday season! Here are some tips for your own house and what to watch out for when visiting other homes:

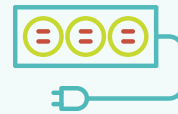
HOLIDAY SAFETY TIPS FOR SENIORS



Remove excess decorations and clutter from the floor



Apply non-slip pads under rugs



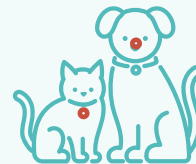
Keep extension cords out of the way



Use battery-powered candles



Make sure there is ample lighting in the home



Keep pets and young children out of the way



Avoid step stools and ladders when putting up decorations



Arrange furniture so there is plenty of space to move around

We also have a couple of recipes that use common leftover holiday ingredients:



LEFTOVER TURKEY STEW

Ingredients

- 1 tablespoon olive oil
- 1½ cups chopped yellow onion
- 4 cups unsalted chicken broth
- 2 cups leftover gravy
- 4 cups leftover roasted vegetables, cut into bite-size pieces
- 3 cups shredded cooked turkey
- 2 tablespoons chopped fresh flat-leaf parsley
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Directions

Heat oil in a large, heavy pot over medium-high heat. Add onion; cook, stirring occasionally, until softened and starting to brown, about 6 minutes. Add broth and gravy; let the mixture come to a boil, stirring occasionally. Stir in leftover vegetables and turkey; cook, stirring occasionally, until heated through, 2 to 3 minutes. Stir in parsley, salt and pepper.

Nutrition Facts (per serving)

428 Calories
16g Fat
28g Carbs
39g Protein

Find recipe here: <https://www.eatingwell.com/recipe/275760/leftover-turkey-stew/>



Nutrition Facts (per serving)

105 Calories 7g Fat 11g Carbs 1g Protein

MIXED GREENS AND CRANBERRY SALAD

Ingredients

- 1/4 cup red onion (very thinly sliced)
- 5 cups mixed greens
- 1/4 tsp black pepper
- 1/4 tsp sea salt
- 1/4 cup olive oil
- 1/2 tsp dijon mustard
- 1 tsp honey
- 1 tsp fresh ginger (finely grated)
- 2 tbsp lemon juice
- 2 stalks of celery (thinly sliced)
- 2 oranges
- 1 tbsp stevia
- 1 cup fresh cranberries (plus more for garnish)

Directions

1. Add 1 cup of cranberries to a food processor and pulse a few times to coarsely chop, or chop by hand. In a bowl, toss the cranberries with the sugar-stevia sweetener.
2. Peel and section the oranges. Add the oranges and celery to the cranberries and gently toss; set aside.
3. For the dressing: In a small bowl, whisk together the lemon juice, ginger, honey, and mustard. Slowly add the oil in a thin stream, whisking to emulsify. Whisk in the salt and pepper.
4. Toss the mixed greens with 3/4 of the dressing. Add the greens to a shallow platter. Top the greens with the cranberry-orange mixture, red onions, and, if desired, whole cranberries as a garnish. Drizzle with the remaining dressing.

Find recipe here: <https://diabetesfoodhub.org/recipes/mixed-greens-and-cranberry-salad>

JANUARY IS NATIONAL BLOOD DONOR MONTH

- Winter months are often a time of reduced donations and increased risk of blood shortage due to holiday celebrations, inclement weather, and cold and flu season.
- Take this month to celebrate blood donors and remember blood donation SAVES LIVES!
- <http://www.aabb.org/for-donors-patients/give-blood> You can use this link to find the closest donation locations to you.



FEBRUARY IS AMERICAN HEART MONTH

February is American Heart Month, which makes it the perfect time to focus on your cardiovascular health. Cardiovascular disease, also known as heart disease, causes millions of deaths around the world every year.

Healthy diet and regular exercise protect your heart and overall well-being. Do not try to change all unhealthy habits at once, instead try adding one or two healthy habits at a time. Join community programs or activities with friends. This will make it more fun and allows you to support each other.

HEART HEALTHY HABITS:

Choose Heart Healthy Foods

The American Heart Association and others have heart healthy recipes. You can visit AHA at <https://www.heart.org/en/health-topics> . Other things to consider are to eat fresh food and do not add salt to your food.

Regular Exercise

SilverSneakers® can help you get the exercise, inspiration, and support you need to stay healthy. Another idea is to go for an evening walk.

Healthy Sleep Habits

Make sure you get 7 – 9 hours of sleep every night. If this is a struggle, try exercising more, keep a calming bedtime routine, and do not eat 2-3 hours prior to bed.

Regular Doctor Visits

Regular blood pressure checks and lab work are important. Keep a log of home blood pressures and have open communication with your doctor about symptoms and medication side effects. Make sure you understand your medications and take them as prescribed.

Manage Stress

Regular exercise can help manage stress. If your stress is overwhelming, tell your doctor and he/she will have suggestions for your individual needs. SilverSneakers® offers yoga classes as well to help with stress.

Quit Smoking and Limit Alcohol Consumption

If you need help to quit smoking, please talk to your doctor. The Lung Association also have some tips at <https://www.lung.org/quit-smoking/i-want-to-quit>.

Stay active with SilverSneakers!

SilverSneakers is more than a traditional fitness program – it is a way of life. Designed specifically for seniors, SilverSneakers is included with your Clear Spring Health plan, at no additional cost.



WITH SILVERSNEAKERS, YOU GET ACCESS TO:

- A nationwide network of participating locations, with group fitness classes at select locations.
- SilverSneakers LIVE online classes and workshops taught 7 days a week by instructors trained in senior fitness.
- SilverSneakers GO mobile app with digital workout programs.
- SilverSneakers Community classes are offered in neighborhood locations outside of the gym.
- Various articles to help you along your journey.

For more information, please visit at <https://tools.silversneakers.com/>.