

# Health Awareness Series

**We're glad you're here.**

The Health Awareness Series is designed to guide your journey to better health and well-being.

We've chosen topics that we think will interest you and help you make healthy choices. When you have more information about health, you have valuable knowledge that can help you manage your health conditions.

**Join us on the last Tuesday of every month.**

- Jan. 25** Maternal Health Awareness
- Feb. 22** Report Caregivers for Wrong Actions
- Mar. 29** Healthy Eating and Physical Activity
- April 26** Mental Health and Drug and Alcohol Services
- May 31** Vision and Hearing Benefits for Adults
- June 28** Meet Your Member Advocates
- July 26** 24/7 Virtual Visits with HHO on the Go
- Aug. 30** Immunizations and Childhood Screenings
- Sept. 27** Have an Advance Health Care Directive
- Oct. 25** How to Talk with Your Health Care Provider
- Nov. 29** Diabetes Care and Prevention
- Dec. 27** Medicaid Lingo



We end with an open community forum for Q&A with nurses and other health care providers. Our sessions always include great resources to empower your healthy decision-making.



To join, scan with your tablet or smartphone.

**Noon–1 p.m.**

Meet on **Zoom** at

[hho.fyi/health](https://hho.fyi/health)

**Meeting ID: 993 2134 9890**

**Passcode: 093506**



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This information is intended to provide general information only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider regarding your medical condition(s).

**Discrimination Is Against the Law**

Highmark Health Options complies with applicable Federal civil rights laws and regulations and does not exclude people or treat them differently because of race, color, national origin, age, disability, health status, sex, sexual orientation or gender identity.

**Help in Your Language**

Highmark Health Options provides free aids and services to people with disabilities to communicate effectively with us and free language services to people whose primary language is not English, such as:

- Qualified interpreters and sign language interpreters.
- Written information in other formats (large print, audio, accessible electronic formats, other formats) as well as information written in other languages.

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card (TTY: 711).

**ATENCIÓN:** Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

**ATANSYON:** Si w pale kreyòl ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki sou do kat idantifikasyon w lan (TTY: 711).