

# Your Health. Our Help.

We're always looking for more ways to help our Medicare members get and stay healthy. That's why we're excited to be back at our **Health Hub** offering more health and wellness education and activities!

Join us to learn about all the exciting opportunities available to you at our Health Hub, located at 620 Dick Road, Depew, NY 14043. We'll be adding even more programs throughout the year, so be sure to visit us online at [www.IndependentHealth.com/HealthHub](http://www.IndependentHealth.com/HealthHub) for the most updated information. Here's to a healthier you!



Health and Wellness Education and Activities at Our Health Hub!

## HEALTH HUB ACTIVITY DESCRIPTIONS



**Computer Basics:** It's never too late to learn something new! This educational class will cover computer literacy basics, including information about email, hardware and software, and more. Presented by Literacy Buffalo Niagara.

**Digital Basics:** Learn about Independent Health's online tools and resources and how you can access your wellness benefits through your MyIH account. Bring your phone or use our iPads to get set up. (Email address required.)

**EPIC 101:** A representative from NYS EPIC Outreach will explain how the NYS Elderly Pharmaceutical Insurance Program (EPIC) works with Medicare Part D plans, including eligibility and benefits.

**EyeMed®:** Learn about the importance of getting your annual eye exam so you can keep your vision sharp and detect diseases like diabetes and high blood pressure.

**Hearing Aids – How They Work and Finding the Right Fit for You:** A detailed overview of modern hearing aids, their features, and advice on selecting and adjusting them for optimal use. Presented by Start Hearing.

**Identity Theft Prevention:** Learn important tips to protect yourself and your loved ones from identity theft.

**Improve Your Health Through Art:** Calm the mind and relax the body with artistic activities designed to help you improve your mental and emotional health.

**LIBERTY Dental – Teeth and Nutritional Awareness:** An informative seminar on how the foods you eat affect your dental health, including brushing and flossing tips. Presented by Timothy Bowles, Registered Dental Hygienist.

**Line Dancing:** Get moving, stay active and improve your physical and social well-being with this fun group activity! All dance levels welcome.

**Living With Hearing Loss:** In this seminar, learn how you can maintain social connections, find support systems and enhance your quality of life while living with hearing loss. Presented by Start Hearing.

**Music and Relaxation Hour:** Unwind and clear your thoughts with a soothing and meditative hour of music listening.

**Prevent Dizziness and Improve Balance:** In this seminar, learn helpful information about dizziness and balance disorders, such as recognizing symptoms, when to seek help, and what to expect from medical evaluations. Presented by Start Hearing.

**Understanding Your Benefits:** Learn how to get the most out of the supplemental benefits that come with your plan, including vision, dental, over-the-counter allowance and more!

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <i>Health Hub Closed</i>	2	3
6	7	8 Music and Relaxation Hour 1 - 2 p.m.	9	10 Digital Basics 11 a.m. - Noon
13	14 Understanding Your Benefits 10 a.m. - Noon	15	16 Improve Your Health Through Art 11 a.m. - Noon	17
20	21	22 Line Dancing Noon - 1 p.m.	23	24
27	28 EPIC 101 10 - 11 a.m.	29 Prevent Dizziness and Improve Balance Noon - 1 p.m.	30	31

For the most up-to-date schedule of classes and class descriptions, visit [IndependentHealth.com/HealthHub](http://IndependentHealth.com/HealthHub)  
 Registration is recommended but not required. Register for Seminars on the Health Hub webpage.



**FEBRUARY**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Improve Your Health Through Art Noon – 1 p.m.	5	6 Digital Basics 10 – 11 a.m.	7
10	11 Understanding Your Benefits 10 a.m. – Noon	12	13	14 Line Dancing 11 a.m. – Noon
17	18	19 LIBERTY Dental – Teeth and Nutritional Awareness 1 – 2 p.m.	20	21 Music and Relaxation Hour 1 – 2 p.m.
24	25 Hearing Aids – How They Work and Finding the Right Fit for You Noon – 1 p.m.	26	27	28

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH	3 Line Dancing 1 – 2 p.m.	4	5	6	7 EyeMed 11 a.m. – Noon <i>(Virtual Option Available)</i>
	10	11 Understanding Your Benefits 10 a.m. – Noon	12 Identity Theft Prevention 11 a.m. – Noon	13	14
	17	18	19 Living With Hearing Loss Noon – 1 p.m.	20 Music and Relaxation Hour 11 a.m. – Noon	21
	24	25 Computer Basics 1 – 2 p.m.	26	27	28 Improve Your Health Through Art Noon – 1 p.m.
	31				

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**Questions about the Health Hub?**

Email [HealthHub@IndependentHealth.com](mailto:HealthHub@IndependentHealth.com)

or call Member Services: (716) 250-4401 or 1-800-665-1502 (TTY: 711)

Oct. 1 – Mar. 31: Mon. – Sun., 8 a.m. – 8 p.m.; Apr. 1 – Sept. 30: Mon. – Fri., 8 a.m. – 8 p.m.

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