

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 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

Chair Yoga: Experience the benefits of yoga without having to get down on the floor. All fitness levels are welcome. Presented by New Sky Coaching.

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.

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

Life Planning and How Independent Health Can Help: Learn about choosing the care that's right for you and how we can assist you through the process. Includes information about Independent Health's Case Management Team, Life Enrichment Specialists and our Hospice & Palliative Care teams.

Living With Arthritis: Join us as we discuss the causes of arthritis and how different medications, exercises and lifestyle changes can help with treatment. Presented by New Sky Coaching.

Managing Emotional Wellness: Maintaining our emotional and mental health is just as important as managing our physical health. Learn what affects our emotional wellness and how you can improve your overall well-being. Presented by New Sky Coaching.

Prevent Dizziness, Imbalance and Falls: Learn how you can prevent falls from occurring and how you can get relief and help during an emergency. Presented by Dr. Salvatore Gruttadauria, AuD, CEO Diversified Rehabilitation Services.

Secrets of a Good Night's Sleep: Tired of feeling tired? Join us as we discuss simple tips and techniques to get a good night's sleep and improve your health. Presented by New Sky Coaching.

SilverSneakers® – Balance Builder Seminar: Learn about common risk factors for falls and how you can take steps to prevent them from occurring – including exercises to strengthen and improve balance. Presented by Jocelyn, Program Champion for SilverSneakers.

Socializing to Stay Healthy: Socializing is an important part of your overall well-being. This seminar will discuss how being social can benefit your physical, emotional and mental health.

Start Hearing – Hearing Loss and Hearing Solutions: This seminar will outline solutions for hearing loss that are available in today's advanced hearing aids. Presented by Dr. Gruttadauria, AuD, CEO from Diversified Hearing & Balance Centers and Greater Buffalo Centers for Dizziness & Balance.

Why Are My Ears Ringing? In this seminar, learn what causes ringing in the ears and how you can effectively treat and manage this condition. Presented by Dr. Salvatore Gruttadauria, AuD, CEO from Diversified Rehabilitation Services.

Plus, get the most out of your benefits by checking out these stations in the lobby:

- **Ask the Pharmacist** – An Independent Health pharmacist will be available to answer questions about your medications.
- **Brook** – Learn how Brook+ and the Brook Health Companion App can help you reach your wellness goals.
- **EyeMed®** – Visit with an EyeMed representative to learn about the importance of getting your annual eye exam.
- **LIBERTY Dental** – Helpful dental care tips and how to use your LIBERTY dental benefit.
- **NationsBenefits** – Learn how your over-the-counter (OTC) benefit works. Plus, get information about how Personal Emergency Response System (PERS) devices can help keep you safe.
- **NYS EPIC** – A representative from NYS EPIC Outreach will explain how EPIC works with Medicare Part D plans.
- **SilverSneakers** – Learn how the SilverSneakers fitness program can help you stay active, at home or on the go.
- **Virtual Medical Care, PC** – A representative will be available to answer questions about the 24/7 Registered Nurse On-Call service.

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 LIBERTY Dental 10 a.m. – 2 p.m.	2 Ask the Pharmacist 10 a.m. – Noon Life Planning and How Independent Health Can Help 1 – 2 p.m.	3 SilverSneakers 10 a.m. – Noon	4
7	8 Ask the Pharmacist Noon – 2 p.m.	9 NationsBenefits 10 a.m. – 2 p.m.	10 NYS EPIC 11 a.m. – 1 p.m.	11
14 LIBERTY Dental 10 a.m. – 2 p.m.	15 Brook 10 a.m. – Noon	16 Start Hearing – Hearing Loss and Hearing Solutions 1 – 2 p.m.	17 SilverSneakers 10 a.m. – Noon	18 SilverSneakers – Balance Builder Seminar 1 – 2 p.m.
21 Digital Basics 1 – 2 p.m.	22	23 Why Are My Ears Ringing? Noon – 1 p.m.	24 Living With Arthritis Noon – 1 p.m.	25
28	29 Chair Yoga 10 a.m. – 11 a.m. Brook 10 a.m. – Noon Virtual Medical Care, PC Noon – 2 p.m.	30 Virtual Medical Care, PC 10 a.m. – 2 p.m.	31 SilverSneakers 10 a.m. – Noon	

For the most up-to-date schedule of classes and class descriptions, visit IndependentHealth.com/HealthHub
 Register for Seminars on the Health Hub webpage. Questions? Email HealthHub@independenthealth.com.

Seminars listed in red (*registration recommended*).

Stations listed in black (*located in lobby*).



NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 SilverSneakers 10 a.m. – Noon	5 NYS EPIC 11 a.m. – 1 p.m.	6 Virtual Medical Care, PC 10 a.m. – Noon	7 Life Planning and How Independent Health Can Help 1 – 2 p.m.	8
11 Socializing to Stay Healthy 10 – 11 a.m.	12 Brook 10 a.m. – Noon	13 Chair Yoga 2 – 3 p.m.	14	15 Digital Basics 11 a.m. – Noon
18 SilverSneakers 10 a.m. – Noon	19 Secrets of a Good Night's Sleep 10 – 11 a.m. EyeMed 10 a.m. – 2 p.m. Prevent Dizziness, Imbalance and Falls 2 – 3 p.m.	20 EyeMed 10 a.m. – 2 p.m.	21	22
25	26	27	28 Health Hub Closed	29 Health Hub Closed

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Stations listed in black (*located in lobby*).



DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SilverSneakers 10 a.m. – Noon	3 Brook 10 a.m. – Noon NYS EPIC Noon – 2 p.m.	4 Identity Theft Prevention 10 – 11 a.m.	5 Chair Yoga Noon – 1 p.m.	6 Life Planning and How Independent Health Can Help 1 – 2 p.m.
9	10 Brook 10 a.m. – Noon	11 Virtual Medical Care, PC 10 a.m. – 2 p.m.	12 EPIC 101 10 – 11 a.m.	13
16 SilverSneakers 10 a.m. – Noon	17 Managing Emotional Wellness 10 – 11 a.m.	18 Digital Basics 1 – 2 p.m.	19	20
23	Health Hub Closed	Health Hub Closed	26	27
30	Health Hub Closed			

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Questions about the Health Hub?

Email 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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