

Wellness Today

Summer 2026

Acupuncture

**Budgeting tips
for financial
wellness**

**Get rewarded
with CarePlus Link**



CarePlus
HEALTH PLANS™

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Budgeting tips for financial wellness



Taking care of your finances is an important part of your overall wellness. Making a budget can help you feel more secure and worry less about money.

Here are some tips to help you get started:



Know your income and expenses

Write down how much money you receive each month, such as Social Security, retirement income or other sources. Then, list your monthly expenses, like rent, food, medicine and utilities.

Make a simple budget

Compare your income and expenses. Make sure you are not spending more than you receive. If you are, look for areas where you may be able to spend less.

See how your CarePlus benefits may help

Check if your CarePlus plan includes an over-the-counter (OTC) allowance or CareEssentials Allowance. You can view your Summary of Benefits on your MyCarePlus member portal.

Use the CarePlus Community Navigator

The CarePlus Community Navigator can connect you with resources in your area. You can get information about meal programs, transportation and more.

Visit [CarePlus.FindHelp.com](https://www.careplus.com/findhelp) to find available resources in your ZIP code.



Ask for help

If you are having trouble paying bills or need help finding community resources, our CarePlus Social Services team can help. They can help you determine if you're eligible to apply for assistance and let you know about other useful resources that may help. You can call CarePlus Social Services at **855-392-3900** (TTY: **711**).

Knowing your finances and making small steps can make a big difference. If you need help, reach out to CarePlus Social Services or use the CarePlus Community Navigator to find support.

Acupuncture: Can it support your health?

Acupuncture is a form of care that comes from traditional Chinese medicine. As an alternative to synthetic drugs, acupuncture is based on practices that aim to promote the body's natural healing processes. It uses very thin needles placed in certain areas of the body.

Many people use acupuncture to help with pain, stress and other health problems. It may help with back pain, headaches and relaxation.

Can CarePlus members use acupuncture?

CarePlus wants to help you get the care you need. Many CarePlus plans cover acupuncture for a **\$0 copay**. Please check your plan's benefit information to see how many acupuncture sessions are included.

It is easy to find an acupuncturist near you:

1. Go to [CarePlusHealthPlans.com/Doctor](https://www.CarePlusHealthPlans.com/Doctor).
2. Type in your **ZIP code**.
3. Under network, select **CarePlus2026** for most plans, or select **CarePlus CareComplete/Breeze** if your plan is CareComplete (HMO C-SNP) or CareBreeze (HMO C-SNP).
4. Under search category, select **Specialty**.
5. Under specialty, enter **Acupuncturist**.
6. Select **Search** to see providers in your area.



Member discounts may be available

CarePlus members get discounts on acupuncture, massage, chiropractic care and other services. These discounts are offered through **Choices by WholeHealth Living®**. You do not need a referral or approval to see a Choices by WholeHealth Living network practitioner.

To find Choices by WholeHealth Living practitioners in your area:

- Visit [WHLChoices.com/CarePlus](https://www.WHLChoices.com/CarePlus), or
- Call **800-274-7526** (TTY: **711**), Monday – Friday, 8 a.m. – 8 p.m.

Please have your CarePlus member ID card when you call.

Is acupuncture right for you?

Your primary care physician can help you decide if acupuncture is a good choice for your health needs. If you have questions about your plan's benefits and discounts, please use MyCarePlus (your member portal) or call CarePlus Member Services at the phone number on the back of your CarePlus member ID card for assistance.

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult with your healthcare provider if you have questions or concerns.

Brighten your meals with summer produce

Summer in Florida brings a fresh variety of fruits and vegetables that can add flavor and nutrition to your meals.

Incorporating seasonal favorites like mangoes, watermelon, corn, tomatoes and zucchini into your daily meals can make eating during the warmer months feel lighter and more enjoyable.



For example, fresh tomatoes and cucumbers are ideal for tossing together a crisp summer salad, while zucchini and corn can be quickly sautéed or grilled as a simple, satisfying side dish.

And when you're looking for something to cool you off, slices of juicy watermelon or sweet mango make for a refreshing and hydrating snack.

Beyond adding some color to your meals, summer fruits and vegetables can also bring people together. Visiting a local farmers market or even your local grocery store becomes more than just a shopping trip. It's an opportunity to spend time with friends or family, discover new flavors and perhaps gather ingredients to cook a meal together.

Sharing a bowl of fresh fruit at the table or preparing a seasonal dish can turn everyday moments into special ones, allowing you to savor the tastes and the connections that come with this time of year.

Get convenience and peace of mind with CenterWell Pharmacy

CenterWell Pharmacy™ makes it easy to manage your prescriptions.

Here are some ways you can use CenterWell Pharmacy if your CarePlus plan includes prescription drug coverage:



Home delivery:

You can have your prescriptions sent right to your door at no additional cost. This helps you save time and trips to the store.



Easy refills:

Order refills online, by phone or by mail. You may even be able to set your prescription up for auto-refill.



Save money:

Many CarePlus plans offer lower copays when you use CenterWell Pharmacy, especially for generic medicines. You may be able to get up to a 100-day supply for some drugs.



Online tools:

You can check your order status, review your medicine list and manage your account online through MyCarePlus.



Support:

Pharmacists are available to answer your questions in English and Spanish via phone call or online chat.

Getting started:

To use CenterWell Pharmacy, ask your doctor to send your prescription there, or access CenterWell Pharmacy online through MyCarePlus at [CenterWellPharmacy.com/logon](https://www.CenterWell.com/logon).



Get rewarded with CarePlus Link



Did you know that you can now earn rewards by participating in educational presentations through CarePlus Link?

CarePlus Link offers educational presentations designed to help you stay informed about your health and well-being through a series of virtual presentations, accessible online or by phone.

You can choose which sessions to attend from a wide variety of scheduled topics, including:

- The 7 dimensions of wellness
- Tips for continuing your recovery after a hospital visit
- Aging and the five senses
- Alzheimer's education
- And more



Each session is crafted to offer practical information and helpful guidance for your health journey. You are welcome to pick the topics, dates and times that fit your schedule, and you may attend as many presentations as you like. **Plus, every presentation is offered in English and Spanish.**

For added convenience, you can join these sessions either by phone or Zoom, making it simple to participate in the way that works best for you.

Just click the event link up to 15 minutes before the scheduled presentation time to join, and please note that participation availability may be limited.

As you take part in CarePlus Link presentations and activities, you can earn rewards with Go365.

Tracking your rewards is easy through MyCarePlus.

Log in to Go365 using your MyCarePlus username and password, and you will see a list of eligible activities you can complete for rewards.

You can track your progress by logging activities online, using a paper workout tracker or connecting a compatible activity tracker. When you reach at least \$10 in rewards, you can redeem them for gift cards in the Go365 Mall.

Visit [CarePlus Link](#) for more information on upcoming presentations or contact Member Services for assistance with your MyCarePlus account.

Please note, rewards must be earned and redeemed within the same plan year, and any rewards not redeemed before December 31st will be forfeited.

Exploring SilverSneakers

A closer look at in-person, virtual and on-demand fitness classes

SilverSneakers® is a program that focuses on building a sense of community through group fitness and wellness activities. This program is available on all CarePlus plans and offers a variety of fitness classes designed to meet the needs of older adults with different abilities and interests.

Among their most popular options are:

- **SilverSneakers Classic**, which focuses on improving strength and flexibility through low-impact exercises.
- **SilverSneakers Circuit**, which combines cardiovascular and strength training for a well-rounded workout.
- Interested in improving balance and body awareness? Try **SilverSneakers Stability** and **SilverSneakers Yoga** classes.
- Additionally, water-based classes such as **SilverSneakers Splash** are offered at some locations, providing a gentle alternative for joint-friendly exercise.



In addition to in-person classes, SilverSneakers provides a large selection of virtual classes and on-demand videos.

Members can participate in live, instructor-led sessions from home, which allows for real-time interaction and motivation.

The on-demand video library features a wide range of workouts, from gentle stretching to more vigorous strength training, making it easy to fit exercise into any schedule.

These virtual resources are designed to be accessible and adaptable, so members can maintain their fitness routines regardless of location or mobility.

For more information about class types and online options, you can visit the SilverSneakers website: [Exercise Classes for Seniors Near You Live & On-Demand | SilverSneakers](#)



Stretching for stress relief



Take a few moments to unwind with this simple guided stretch routine:

- 1. Find a comfortable spot where you can sit or stand with ease.**
Begin by taking a few slow, deep breaths, allowing your shoulders to drop away from your ears.
- 2. Start with a gentle neck stretch.** Slowly tilt your head toward your right shoulder and hold for a few breaths, then switch to the left side.
Next, roll your shoulders forward and backward a few times, letting any tension release with each movement.
- 3. Raise one arm overhead and lean gently to the opposite side, feeling a stretch along your side.** Hold for a moment, then switch sides.
- 4. For your legs, if you're seated, extend one leg forward with your heel on the floor** and lean forward slightly until you feel a stretch in the back of your thigh. Hold, then repeat with the other leg.
- 5. Finish by standing and pressing your hands against a wall** for a gentle calf stretch, holding each side briefly.
- 6. As you complete the routine, take another deep breath** and notice how your body feels, hopefully a little more relaxed and refreshed.

Please consult your doctor before beginning any new diet or exercise regimen.

Source: [Quick Stretches for Stress Relief You Can Do Right Now](#)

Hurricane preparedness: Stay ready and protected

Hurricane season is an important time to review your emergency preparedness plans. Having a plan in place can help protect your health and safety if severe weather strikes.

To help you get ready:

- Make a list of important contacts.
- Know your evacuation routes.
- Gather essential supplies, such as water, food and flashlights.
- Secure important documents and keep them in a safe, accessible place.



A key part of your hurricane plan should be making sure you have enough of your prescription medication on hand. To help ensure you do not run out of your medicine if businesses are closed or you are away from home, you may be able to get up to a 100-day extended supply of many prescriptions if your CarePlus plan includes prescription drug coverage.

To learn more about preparing for a storm, please visit our [Hurricane Preparedness](#) page.

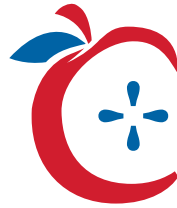
In the community

CarePlus sales agents are committed to supporting you and your neighbors. At community events and health fairs, our agents are available to answer your questions, listen to your concerns and help you understand your CarePlus benefits.

Whether you are looking for information about your plan, guidance on accessing resources or support with enrollment, our sales agents can provide clear, helpful answers and connect you to the services that best meet your needs. Their dedication helps make sure that you have the information and support necessary to make confident decisions about your health coverage. **We appreciate the trust you place in us and strive to be a reliable partner in your well-being.**



**We hope you
enjoyed reading
Wellness Today!**



**What do you want to see in the next edition?
To let us know, complete this form.**

In the meantime, please stay in touch with CarePlus on Facebook.



CarePlusHealthPlans



For questions about your plan, please call Member Services at the phone number on the back of your CarePlus member ID card.

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns. Consult your doctor before beginning any new diet or exercise regimen.

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