CarePlus Link



Calendar of events

You can now enjoy educational presentations on a variety of informational topics from the comfort of your home!

Edition 18

July - December 2026

CarePlus HEALTH PLANS™

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Accessible from the comfort of your home, CarePlus Link is a series of phone and web-based virtual presentations for CarePlus members.

CarePlus Link consists of participants, staff, facilitators, and presenters who value the continued growth and balance around the physical, mental, social and life style choices that promote health and wellness. CarePlus Link participants can attend virtual presentations offered at various times on a range of topics.

CarePlus Link is free of charge to all CarePlus members.



Choose the presentation(s) you want to attend, and then follow the registration instructions to secure your spot.

Please keep in mind that participation availability may be limited.

Get to know the CarePlus Social Services Department

Social Services Department

Medicare beneficiaries with limited income and assets may be eligible for assistance from state and/or federal programs. Learn what assistance may be available to you.

- ☐ Thursday, July 16 at 3:30 p.m. EST
- ☐ Thursday, August 20 at 9:30 a.m. EST
- ☐ Tuesday, September 22 at 3:30 p.m. EST
- ☐ Tuesday, October 20 at 9:30 a.m. EST
- ☐ Tuesday, November 17 at 2:30 p.m. EST
- ☐ Wednesday, December 16 at 9:30 a.m. EST



Health and wellness

Aging and the five senses

Seeing, touching, smelling, tasting, and hearing help us connect with the world. The natural aging process and other factors may impact our sensory organs, and the way we perceive information from our surroundings. Join us as we learn more about how to care for our senses and their impact on wellness.

- ☐ Wednesday, July 8 at 9:30 a.m. EST



Online access: **CarePlusHealthPlans.com/link**

Aging and sexual Health

Sexual health in older adults may be overlooked and not often talked about. Age-related changes and other factors can impact sexual function and sexual health. Join us to learn more about sexual health in older adults.



- ☐ Friday, August 21 at 2:00 p.m. EST
- ☐ Thursday, December 10 at 9:30 a.m. EST

Alzheimer's

Alzheimer's is an irreversible brain disease that is closely associated with dementia. Learn how to detect early symptoms of Alzheimer's, and how to manage the condition once it is diagnosed.



- ☐ Thursday, September 17 at 3:30 p.m. EST
- ☐ Wednesday, November 4 at 9:30 a.m. EST

Anxiety: Recognize it, and take action

Don't let anxiety take the spotlight! Discover the factors that trigger this disorder and explore coping strategies in this session. Join us to gain valuable insights on managing anxiety and making each day a little brighter.



- ☐ Wednesday, July 15 at 9:30 a.m. EST
- ☐ Wednesday, October 14 at 3:00 p.m. EST

Online access: **CarePlusHealthPlans.com/link**

Cancer prevention

Take charge of your health! Learn steps to reduce cancer risks and understand the vital role of early detection and routine screenings. Join us for insights that could make a significant impact on your overall well-being.



☐ Wednesday, September 16 at 2:30 p.m. EST

☐ Wednesday, October 21 at 9:30 a.m. EST

Circulation and health: Let it flow!

Circulatory conditions can lead to serious complications. By taking proactive steps, you may reduce your risk. Discover how following your healthcare provider's guidance and adopting a healthy lifestyle may help you reduce or prevent complications from common circulatory conditions.



☐ Wednesday, August 19 at 9:30 a.m. EST

Diabetes

Diabetes is a serious disease. People get diabetes when their blood glucose level, sometimes called blood sugar, is too high. Learn about this condition and how to make healthier choices that may help improve your symptoms and reduce diabetes-related health complications.



☐ Wednesday, December 9 at 3:30 p.m. EST

Online access: **CarePlusHealthPlans.com/link**

Diabetes management and medications

Receiving a diabetes diagnosis can feel overwhelming but gaining a clear understanding of how to manage the condition is essential for long-term health. To support you on this journey, we have developed a four-part diabetes education series, each focusing on a key area of diabetes care. This session will guide you through the essentials of diabetes management, life style changes that promote wellness, medication options and resources available to help you overcome financial barriers, so you can access the care you need with confidence.



☐ Friday, November 6 at 9:30 a.m. EST

Disaster preparedness

Preparing for natural disasters and emergencies is important to ensure our safety. Take time to educate yourself on the most common disasters that could impact Florida and discover practical tips to help you and your loved ones prepare.



☐ Thursday, July 9 at 3:30 p.m. EST

Exercise

Exercise is vital for people of all ages, including older adults. Learn about what types, and how much physical activity you may need while aiming to be motivated on your well-being journey.



☐ Wednesday, August 12 at 3:00 p.m. EST

Online access: **CarePlusHealthPlans.com/link**

Fruits and vegetables: Color yourself healthy

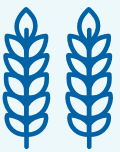
Have you ever wondered why it's important to eat a variety of colors from fruits and vegetables? Each of them provides many benefits to your health and wellness. Learn what compounds are found in your fruits and vegetables and how important is to include each color.



☐ Wednesday, September 23 at 9:30 a.m. EST

Healthy eating and diabetes: A pathway to wellness

Living with diabetes means paying attention to what you eat, but you can still enjoy many of your favorite foods. Our four-part presentation series is here to help you learn simple ways to take care of yourself. In this session, you'll find out how different foods can change your blood sugar, discover easy tips for planning healthy meals, and get ideas for staying healthy every day. Join us to learn how eating well can help you live a happy and active life with diabetes.



☐ Wednesday, November 18 at 3:00 p.m. EST

Immunizations

Because our immune systems weaken, vaccines become very important as we get older. Learn why you should get your vaccinations, and how they will help prevent illness.



☐ Thursday, August 13 at 3:30 p.m. EST

☐ Thursday, December 3 at 9:30 a.m. EST

Online access: **CarePlusHealthPlans.com/link**

Kidney health

Receiving a diabetes diagnosis can feel overwhelming but gaining a clear understanding of how to manage the condition is essential for long-term health. To support you on this journey, we have developed a four-part diabetes education series, each focusing on a key area of diabetes care. This session will guide you through the essentials of kidney health; how diabetes affects the kidneys and the importance of early detection and ongoing monitoring.



☐ Thursday, November 12 at 3:30 p.m. EST

Nutrition

Nutrition plays a huge role in your overall health and well-being. Learn about the connection between poor nutrition and chronic health conditions and get tips to improve your eating habits.



☐ Tuesday, August 18 at 3:00 p.m. EST

Online access: **CarePlusHealthPlans.com/link**

Oral and visual health

Managing diabetes involves more than just monitoring blood sugar—it also means caring for other important aspects of your health that can be affected by the condition. Our four-part diabetes education series offers guidance on diabetes management, life style changes, medication options, and ways to overcome financial barriers to care. In addition, people living with diabetes are at greater risk for oral health concerns and visual complications. This session will provide essential information to help you prevent these complications and maintain your overall health.



☐ Tuesday, July 7 at 9:30 a.m. EST

Recognizing a Stroke

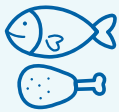
A stroke is a serious medical event that may lead to significant health challenges and disability. Being able to identify its signs and symptoms can make a difference in someone that could be experiencing a stroke. Learn how this condition impacts wellness, while receiving healthy tips that may decrease the risk of strokes.



☐ Tuesday, October 13 at 9:30 a.m. EST

Steps to achieve food safety

Avoid the pitfalls of foodborne illnesses! Many Americans are affected each year, and older adults face higher risks. Dive into this session to learn about different foodborne illnesses and discover smart ways to prepare, handle, and store food for a safer dining experience.



- ☐ Tuesday, September 15 at 9:30 a.m. EST
- ☐ Tuesday, December 15 at 3:30 p.m. EST

Understanding bladder control

Regain control and independence! Bladder problems affect many older adults, impacting physical and mental health. Join us to explore common bladder issues and gain tips for improving bladder function. Take the first step towards a more comfortable and confident you!



- ☐ Wednesday, November 11 at 2:30 p.m. EST

Wellness and COPD

Discover the secrets of breathing freely! Living with chronic obstructive respiratory conditions can be tough, but in this session, we'll explore how identifying and managing environmental factors can lead to a healthier lifestyle. Join us for a breath of fresh knowledge!



- ☐ Thursday, September 10 at 3:30 p.m. EST
- ☐ Tuesday, November 10 at 9:30 a.m. EST

Online access: **CarePlusHealthPlans.com/link**

Wellness and stress management

Stress is part of life and with every new life stage comes new stressors. The effect of unmanaged stress overtime can impact your overall health and well-being. Learn more about identifying and managing the symptoms related to stress.



- ☐ Tuesday, August 11 at 9:30 a.m. EST
- ☐ Thursday, October 15 at 3:30 p.m. EST

Wellness and technology

Discover how technology can help you stay connected, healthy, and independent. Learn simple ways to use tech in your daily life, from video calls with family to doctor visits from home. Embrace the benefits of technology - it's never too late to start!



- ☐ Tuesday, July 21 at 3:00 p.m. EST
- ☐ Wednesday, September 9 at 9:30 a.m. EST

When it's more than just a feeling: Symptoms of depression

Depression is a common medical condition that affects people of all ages. Although it is not considered part of the normal aging process, many older adults experience symptoms of depression. Join us as we share risk factors, common signs, valuable treatments options, and activities that may be useful in managing this condition and improving our overall health and well-being.

- ☐ Tuesday, July 14 at 2:30 p.m. EST
- ☐ Wednesday, October 7 at 9:30 a.m. EST
- ☐ Friday, December 11 at 2:00 p.m. EST



You are not alone

Older adults are at an increased risk for loneliness and social isolation. Living alone or the loss of family or friends may be contributing factors. Conditions such as chronic illness, or physical challenges may increase the risk for loneliness and social isolation. Learn about the symptoms and effects of these conditions, and ways that may help to reduce the effects of these conditions

- ☐ Friday, October 9 at 2:30 p.m. EST
- ☐ Tuesday, December 8 at 9:30 a.m. EST



You can access the presentations by phone or online:

For your convenience, we offer a variety of educational presentation topics at different times to fit your schedule.
Please read below for more details.



To register and connect by phone

- Call **833-7MY-PATH (833-769-7284)**, as early as 15 minutes prior to the presentation start time to secure your place.
- Provide your name, CarePlus Member ID and presentation topic to the CarePlus associate, who will connect you to your conferenced presentation.
- You will be placed on hold until the actual conferenced presentation time. To ensure the full event experience, no further connections will be made after 5 minutes of the start of the presentation.



To register and connect online

- Type the following link into your internet browser: **CarePlusHealthPlans.com/link**.
- Click on your selected presentation topic. Please note that the link will be available for a maximum of 15 minutes prior to the start of the presentation, and remain active to join up to 5 minutes after the presentations scheduled start time.
- If this is your first time attending an online CarePlus Link presentation, you will be asked to register by providing the following: Name, Email Address, CarePlus Member ID and Date of Birth. Once registered, you can click the "Join" button.
- If you have attended previous online CarePlus Link presentations, you will only need to enter your CarePlus Member ID and Date of Birth in the registration page. Once entered, you can click the "Join" button.

You will be placed on hold until the actual conferenced presentation time. In order to ensure the full event experience, **no further connections will be made after 5 minutes of the start of the presentation**.

Although this is a live session, all participants' phone lines will be muted to avoid interruptions during the presentations. Please adjust the volume of your device to your desired levels.

All participation is free to CarePlus members; however, please verify with your wireless or internet provider as cellular or data rates may apply.

For additional information about the CarePlus Link virtual presentations, please contact Member Services at **800-794-5907 (TTY: 711)**. We are open 7 days a week, 8 a.m. to 8 p.m. From April 1 - September 30, we are open Monday - Friday, 8 a.m. to 8 p.m. You may always leave a voicemail after hours, Saturdays, Sundays, and holidays and we will return your call within one business day.

To view available topics and register online

1. Type **CarePlusHealthPlans.com/link** into your browser.
2. View the available topics and choose a topic that interests you.
3. Select the date and time of the presentation that fits your schedule.
4. You will be prompted, "You're About to Visit Another Website." Click **Continue**.
5. Now let's register for the event! Select **Register**.
6. Type your email address. Then select **Next**.
7. Type your first name, last name, CarePlus Member ID and date of birth. Select if you would like to receive CarePlus information through email. Then select **Submit**.

What's next?

If you registered in advance for a future event:
After registering for your event you will receive an email containing the event information with a link to join the Zoom event. (Email will be sent to the email address provided during registration).

Registering on the same day right before the start time of an event: After registering for the topic of interest, you can click **Join Meeting**.

Joining the Zoom meeting after registering

First time Zoom meetings users (computer)

1. Open the email containing the link to the meeting. This was emailed to you after you registered for the event.
2. Click the link to Join Webinar button.
3. When you join a Zoom Meeting/Webinar for the first time, you will be prompted to download and install the Zoom desktop application (app) on your computer. Click **Download Now** to download the application file.

   (If you have trouble downloading the application or you do not wish to download it, bypass the download option and click **Join from Browser**.)
4. You will be placed into the meeting using your computer audio.

If you have previously installed Zoom on your computer

1. Open the email containing the link to the meeting. This was emailed to you after you registered for the event.
2. Click the Link or Join Webinar button to join. (Click **Launch Meeting**, or depending on your browser settings, Zoom will automatically open for you.)
3. If prompted, enter your name, email address, and click **Join**.
4. You will be placed into the meeting using your computer audio.

iOS (Apple devices)

You can download the Zoom application by:

1. Searching for Zoom Cloud Meetings in the App Store.
2. If you're using your Apple device to join a meeting for the first time; select the option **Download from App Store** or accept the offer to install the application on your device.

Sugged steps:

1. Enter **CarePlusHealthPlans.com/link** into your browser; select topic of interEastern time and register.
2. Open the email containing the link to the meeting. This was emailed to you after you registered for the event.
3. Click on event link and select **Join Meeting**.
4. The invite redirects you to the appropriate app store.
5. Download the Zoom Cloud Meetings application.
6. Follow the prompts to join meeting after downloading application.
7. You will be placed into the meeting using your computer audio.

Android (Android compatible applications and devices)

You can download the Zoom application by:

1. Searching for Zoom Cloud Meetings in the Google Play Store or Amazon App store for Android.
2. If you are using your Android device to join a meeting for the first time, accept option to install the application on your device from the Google Play Store or Android App Store.
3. The invite redirects you to the appropriate app store.
4. Download the Zoom Cloud Meetings application.
5. Follow the prompts to join meeting after downloading application.
6. You will be placed into the meeting using your computer audio.

Important

At CarePlus, it is important you are treated fairly.

CarePlus Health Plans, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

The following department has been designated to handle inquiries regarding CarePlus' non-discrimination policies: Member Services, PO Box 277810, Miramar, FL 33027, **800-794-5907 (TTY: 711)**.

Auxiliary aids and services, free of charge, are available to you. **800-794-5907 (TTY: 711)**

CarePlus provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

This information is available for free in other languages. Please call our Member Services number at **800-794-5907**. Hours of operation: October 1 - March 31, 7 days a week, 8 a.m. to 8 p.m. April 1 - September 30, Monday - Friday, 8 a.m. to 8 p.m. You may leave a voicemail after hours, Saturdays, Sundays, and holidays and we will return your call within one business day.

Español (Spanish): Esta información está disponible de forma gratuita en otros idiomas. Favor de llamar a Servicios para Afiliados al número que aparece anteriormente. Kreyòl Ayisyen (French Creole): Enfòmasyon sa a disponib gratis nan lòt lang. Tanpri rele nimewo Sèvis pou Manm nou yo ki nan lis anwo an.

