

# CarePlus Link



## Calendar of Events

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

**Edition 15**

January 2025 – June 2025

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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 lifestyle 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, January 16 at 4:30 p.m. EST
- ☐ Thursday, February 20 at 9:30 a.m. EST
- ☐ Tuesday, March 18 at 3:00 p.m. EST
- ☐ Thursday, April 17 at 9:30 a.m. EST
- ☐ Thursday, May 15 at 4:30 p.m. EST
- ☐ Thursday, June 19 9:30 a.m. EST

Online access: <https://huma.na/link>



## Health and Wellness

### After a Hospital Visit: How to Continue Your Recovery

Ready to make your hospital-to-home transition smoother? Find out the essential steps to prevent readmissions and ensure a healthy recovery. Join us for an insightful dive into discharge planning that can make a big difference in your post-hospital journey.

- ☐ Thursday, April 10 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## 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, January 8 at 9:30 a.m. EST

☐ Wednesday, March 5 at 9:30 a.m. EST

☐ Tuesday, May 13 at 4:30 p.m. EST

Online access: <https://huma.na/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.

☐ Wednesday, February 19 2:30 p.m. EST

☐ Tuesday, April 15 at 3:00 p.m. EST

Online access: <https://huma.na/link>



## 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.

☐ Wednesday, May 7 at 9:30 a.m. EST

☐ Thursday, June 5 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## 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, April 16 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## Bone Health

Unlock the secrets of aging bones! As we age, our bones change. Join us to learn how nutrition, physical activity, and lifestyle factors can positively impact your bone health. Discover the key to keeping your bones strong and resilient.

□ Tuesday, May 6 at 4:30 p.m. EST

Online access: <https://huma.na/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.

□ Tuesday, February 18 at 2:00 p.m. EST

□ Tuesday, March 11 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## 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, February 12 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## 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.

☐ Friday, January 17 at 2:30 p.m. EST

☐ Friday, February 7 at 9:30 a.m. EST

☐ Friday, May 23 at 2:00 p.m. EST

☐ Friday, June 13 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## 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.

☐ Tuesday, June 3 at 9:30 a.m. EST

☐ Wednesday, June 18 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## 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..

☐ Tuesday, January 14 at 9:30 a.m. EST

☐ Wednesday, June 4 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## Facts on Brain Health

Brain Health includes our ability to think clearly, make decisions, and recall information, which are all essential for daily living. The natural aging process and other factors may cause cognitive decline over time. Learn more about some lifestyle changes that may help us preserve a healthy brain.

☐ Friday, March 7 at 2:30 p.m. EST

Online access: <https://huma.na/link>



## Fall Prevention

Older adults fall every year in the U.S. Falls are a leading cause of fatal and non-fatal injuries for older Americans. Learn about ways to help avoid falls in your home and adopt healthy practices.

☐ Wednesday, May 14 at 9:30 a.m. EST

Online access: <https://huma.na/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.

☐ Thursday, January 23 at 9:30 a.m. EST

☐ Wednesday, March 19 at 2:30 p.m. EST

Online access: <https://huma.na/link>



## Heart Healthy Lifestyle

Did you know heart disease is the U.S.'s leading cause of death? Join us to uncover the silent threats and learn how adopting healthier habits can boost your quality of life while reducing risks. Your heart will thank you!

☐ Thursday, February 6 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## High Blood Pressure

Learn about high blood pressure or hypertension and the harmful effects it has overtime. Learn how changes in lifestyle – like getting more exercise and having less salt may help control it.

☐ Tuesday, February 4 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## Medications: Let's talk about them

Knowing about the medications you take is an important part of your healthcare and can help prevent negative effects. Join us as we discuss practical tips that can help you improve your medication management skills.

☐ Thursday, February 13 at 9:30 a.m. EST

☐ Thursday, March 6 at 4:30 p.m. EST

☐ Friday, June 6 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## 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.

☐ Thursday, January 9 at 4:30 p.m. EST

☐ Thursday, March 13 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## Obesity

Regardless of your age, obesity can contribute to many health conditions. Learn what causes obesity and available options for achieving and maintaining a healthy weight.

☐ Tuesday, January 7 at 9:30 a.m. EST

☐ Tuesday, June 10 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## 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.

☐ Wednesday, February 5 at 3:00 p.m. EST

☐ Thursday, May 8 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## 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.

☐ Wednesday, January 15 at 4:30 p.m. EST

☐ Friday, April 11 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## 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, April 9 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## Wellness and Arthritis

Many people may begin to feel pain and stiffness, due to arthritis, as they age. Learn about the common kinds of arthritis, warning signs, and treatment options.

□ Wednesday, May 21 at 2:00 p.m. EST

Online access: <https://huma.na/link>



## Wellness and COPD

Discover the secrets to 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!

□ Friday, January 10 at 9:30 a.m. EST

□ Wednesday, January 22 at 3:00 p.m. EST

□ Tuesday, February 11 at 2:30 p.m. EST

□ Friday, February 21 at 9:30 a.m. EST

□ Tuesday, March 4 at 3:00 p.m. EST

□ Thursday, March 20 at 9:30 a.m. EST

□ Tuesday, April 8 at 3:00 p.m. EST

□ Friday, April 18 at 9:30 a.m. EST

□ Friday, May 9 at 2:00 p.m. EST

□ Thursday, May 22 at 9:30 a.m. EST

□ Wednesday, June 11 at 4:30 p.m. EST

□ Friday, June 20 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## Wellness and Sleep

A good night's sleep may help reduce the risks associated with disease and injury. Learn why you should aim for adequate sleep every night and the role it plays in your overall health and well-being.

☐ Friday, March 14 at 3:00 p.m. EST

☐ Tuesday, May 20 at 9:30 a.m. EST

Online access: <https://huma.na/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.

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

☐ Tuesday, June 17 at 9:30 a.m. EST

Online access: <https://huma.na/link>



## 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.

☐ Thursday, June 12 at 4:30 p.m. EST

Online access: <https://huma.na/link>



## 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

□ Tuesday, January 21 at 3:00 p.m. EST

Online access: <https://huma.na/link>



## 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:  
**<https://huma.na/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.
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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 **1-800-794-5907 (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 <https://huma.na/link> or [CarePlusHealthPlans.com/members/link](https://careplushealthplans.com/members/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 or Join Webinar button to join.
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.

### **Suggested steps:**

3. Enter <https://huma.na/link> into your browser; select topic of interest and register.
4. Open the email containing the link to the meeting. This was emailed to you after you registered for the event.
5. Click on event link and select **Join Meeting**.
6. The invite redirects you to the appropriate app store.
7. Download the Zoom Cloud Meetings application.
8. Follow the prompts to join meeting after downloading application.
9. 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.



