

Live AmaZing

FEEL BETTER, FEEL CONNECTED



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CONNECT WITH US



Member Services
1-866-946-4458 (TTY: 711)

Transportation
1-866-946-4458 Opt. 1

OTC, Prepaid Card, and Food
1-888-628-2770 (TTY: 711)



MyZingHealth.com



Facebook.com/MyZingHealth



- Create an account on our Member Portal**
1. Visit www.myzinghealth.com
 2. Click on "Member Login"
 3. Click on "Click Here to log in"
 4. Click on "Need to Register as a New User?"



It's Survey Time!

Every year, the Centers for Medicare & Medicaid Services (CMS) conducts the Consumer Assessment of Healthcare Providers and Systems (CAHPS) survey, asking Medicare Advantage members to rate their experiences with their health plan and doctors. Plans are evaluated based on a 5-star rating system. Zing Health aims for the best scores, but your honest answers are important. Your feedback can significantly impact Zing Health, especially our Medicare Star Rating.

Not all Medicare Advantage members will receive the CAHPS survey. The survey is conducted by an independent third party to ensure confidentiality.

The company will send a letter to selected members with details on how to complete the survey. Members can complete the survey in writing, by phone, or online.



If you receive this survey, please take a moment to complete it. CMS requires the survey company to encourage all selected members to participate, including follow-up calls and reminder letters. Responding quickly means fewer reminder calls. Most importantly, Zing uses the feedback to improve and provide the best experience for our members.

New Year, New You



The start of a new year is the perfect time to focus on your health. Here's a checklist of key tasks to help you kick off the year on the right foot.

☐ **Schedule Your Annual Wellness Visit (AWV)**

Make the most of this benefit! An annual check-up with your primary care provider has a \$0 copay – meaning this visit is fully covered and will not cost you anything. This is a great opportunity to create a personalized prevention plan and discuss any health concerns.

**Completing your AWV earns you a Healthy Reward, too!*

☐ **Complete your Health Risk Assessment (HRA)**

This questionnaire helps the Zing Health Care Management team check your current health status, identify any risks, and provide ways to improve your health and wellness. Select members are eligible for Special Supplemental Benefits (SSBCI). The HRA is a requirement to continue to receive these benefits.

☐ **Plan your preventive screenings**

Your doctor will recommend screenings based on your age and risk factors. Common screenings include breast cancer, colorectal cancer, and kidney disease.

**Completing these screenings may earn you a Healthy Reward!*

☐ **Manage your medications**

- Check with your doctor or pharmacist to make sure your medications are still right for you.
- Confirm you have enough refills for the year.
- Reach out to Zing for help with picking up your prescriptions on time, including options like transportation, home delivery, 90-day refills, and same-day refills for all your medications.

☐ **Get your flu shot**

Protect yourself and others from seasonal illnesses and check to see if you need any other vaccines.

☐ **Schedule, vision, dental, and hearing check-ups**

Vision, dental, and hearing care is important for your overall health and can improve your quality of life and relationships with family and friends. Keep in mind the name of your insurance provider when scheduling your vision, dental, and/or hearing appointments:



Vision coverage is provided by EyeMed (not Zing)



Dental coverage is provided by Liberty Dental (not Zing)



Hearing coverage is provided by Nations Hearing (not Zing)

☐ **Start or maintain an exercise routine**

Try to get at least 150 minutes of moderate aerobic activity plus muscle-strengthening exercises each week. It's only 20 minutes a day and you can do exercises and activities at home. *Ask about our Home Fitness Kits and coaching at no cost to you! Review page 5 for information on the Silver&Fit fitness programs available.*

Many of these services are covered by Zing at no cost to you. Start the new year with a focus on your health!

New Year, New You

Your Annual Wellness Visit



What is an Annual Wellness Visit?

An Annual Wellness Visit is a special check-up available at no-cost to all Medicare members. During this visit, your doctor will discuss your health and help create a plan to maintain your well-being. While it's not a full physical exam, it's a great opportunity to ask any health-related questions. Some tests may be done during the visit, while others might need to be scheduled for a later date. The appointment typically lasts 30 to 60 minutes, allowing your doctor to take time to review your current health status and answer your questions.

How can I complete my Annual Wellness Visit?

Simply call your doctor to schedule your Annual Wellness Visit – it's that easy! Your primary doctor can usually handle the visit, but we've also partnered with a trusted provider that specializes in house calls to make things more convenient for you. If you'd prefer a house call or a telehealth visit, we can help set that up for you.

What will the visit be like? Should I be nervous?

The visit is similar to a regular physical, but more detailed. The provider will check your heart, lungs, blood pressure, joints, and discuss your overall health. If you choose a house call or telehealth visit, we'll receive a report and work with you and your doctor on any follow-up care.

Incentives of up to \$85!

Eligible members can receive a \$65 incentive* for completing their Annual Wellness Visit and an additional \$20* for completing a qualifying screening. Qualifying screenings may include a mammogram, colorectal cancer screening, a digital retinal eye exam (for diabetics), or a kidney evaluation.

** Maximum rewards earned in the calendar year cannot exceed \$85. If any combination of rewardable activities are completed during the calendar year, only up to the first \$85 will be rewarded.*



New Year, New You

Enjoy a complete fitness program built to fit your lifestyle with Silver&Fit.

- Access to thousands of participating fitness centers or select YMCAs
- Access to the Premium Fitness Network, which includes more locations like fitness centers, studios, and unique fitness experiences, for a buy-up price*
- Choose one Home Fitness Kit per benefit year from a choice of 11 available options**
- Workout plans to help you start or continue an exercise routine
- A variety of on-demand workout videos on the Silver&Fit website
- The Well-Being Club where you can join live virtual classes and events and view exclusive articles and videos
- One-on-one Well-Being Coaching sessions by phone, video, or chat where a coach will support you with your fitness, nutrition, and other lifestyle goals

Plus, use the Silver&Fit Connected!™ tool to track activity on 250+ wearable fitness trackers and mobile apps to earn rewards like hats and pins.***

To learn more about the program, please visit SilverandFit.com and explore the FAQs. If you would like to speak with the Silver&Fit customer service team, call toll-free **1-877-427-4788 (TTY/TDD: 711)**, Monday through Friday, 7 a.m. to 8 p.m CT.

Mobility or balance concerns?
See page 18 for some chair exercises to try!



**Fees vary by Premium location. Please refer to the fitness center search on the Silver&Fit website.*

***Once selected, Home Fitness Kits cannot be exchanged. Promo codes will expire at the end of the benefit year.*

****Rewards are subject to change. Purchase of some compatible wearable fitness trackers or apps may be required to use the Connected! tool and are not reimbursable by the Silver&Fit program. Your use of the Silver&Fit Connected! tool serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity and to use that data to process and administer available rewards to you under the program.*

The Silver&Fit program is provided by ASH Fitness, a subsidiary of American Specialty Health Incorporated (ASH). Please talk with your doctor before starting or changing your exercise routine. All programs and services are not available in all areas. Persons shown are not Silver&Fit members. Silver&Fit, Silver&Fit Connected!, and the Silver&Fit logo are trademarks of ASH. Other logos may be trademarks of their respective owners. Limitations, member fees, and restrictions may apply. Kits are subject to change. Fitness center participation may vary by location and is subject to change.

Arm Yourself Against Colds and Flu

Winter is peak season for colds and flu, as colder weather tends to keep people indoors and in closer contact with one another. The weather can also contribute to the spread of viruses.

Here are some tips to prevent and manage the spread of colds and the flu:



Get the flu shot: The best way to avoid the flu is to get vaccinated before flu season begins, which is usually between September and October. If you have not received your flu shot, schedule an appointment with your doctor or visit a local pharmacy to get the flu shot soon. The season can last until May and it's never too late to protect yourself!



Wash your hands: Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



Avoid touching your face: Keep your hands away from your eyes, nose, and mouth.



Cover your cough and sneeze: Use a tissue to cover your mouth and nose when you cough or sneeze. If you do not have a tissue, cough, or sneeze into your elbow, not your hands.



Clean surfaces: Clean and disinfect frequently touched surfaces, like kitchen countertops, phones, and doorknobs.



Avoid crowds: Try to avoid close contact with people who are sick.



Practice self-care: Get enough sleep, eat well, exercise regularly, and manage stress.



Stay home when you're sick: If you have a fever or flu symptoms, stay home for at least 24 hours **after** your fever is gone.



Utilize your over-the-counter (OTC) benefit: Use your Zing Prepaid Benefit Card to buy items like cold, cough, and flu medications, cough drops, pain relievers, tissues, and other over-the-counter products that can help relieve your symptoms.

Need Help Managing Your Meds?

While medication may be just one way of improving your quality of life, it is very important to make sure you are taking your medications regularly and as prescribed. Zing Health offers ways to make this easier!



Get a three-month supply (up to 100 days)

Zing offers 90 and even 100-day refills of the medications you take regularly at your local pharmacy. This will help save money and trips to the pharmacy. Just ask your pharmacist to fill your prescription for 90-100 days.



Fill all of the medications you take regularly on the same day

Zing offers the ability for you to have all of your medications filled on the same day each month. Just ask your local pharmacist to set this up.



Use home delivery

Getting medications through mail order or home delivery means making fewer trips to the pharmacy. Did you know, many local pharmacies also provide home delivery at no additional cost? Talk to your local pharmacist to find out more.



Transportation

Some Zing plans offer transportation benefits that can help members get to and from the pharmacy. For more information, contact our pharmacy specialists - information below.

Other ways to manage your medications with ease:



Set reminders: Set an alarm clock or watch to alert you when to take your medications or place your medications next to your toothbrush as an easy reminder.



Auto-refills: Many pharmacies have auto refill programs where you do not need to call in your refills!



Use a pill box: Pill boxes are a handy way to organize your medications by day and week.

If you would like to speak to a pharmacy specialist about managing your medications you can contact us at:



1-866-946-4458 (TTY: 711)

Monday - Friday, 8 a.m. - 5 p.m. CST

Drug Costs: Finding Balance

Manage your drug costs with the Medicare Prescription Payment Plan.

What is the Medicare Prescription Payment Plan (M3P)?

The Medicare Prescription Payment Plan (M3P) is a new payment option for prescription drugs. It helps you manage your Part D drug costs by dividing your annual costs into monthly payments throughout the year (January to December). If you choose this option, you'll pay your premium (if you have one) and receive a monthly bill from Zing Health for your prescription drugs, instead of paying the pharmacy directly.

Participation in this program is voluntary, and there are no extra costs.

How could the M3P program benefit me?

The option to pay high copays or cost-sharing amounts in monthly payments, instead of all at once, may make prescription drugs more affordable. This program is available to anyone with Part D and CMS has created tools to help you decide if it's right for you. The tools can be found on our website at https://www.myzinghealth.com/pharmacy/inflation_reduction_act, within the pharmacy Medicare Prescription Payment Plan section.

Please note: not everyone will benefit from the M3P program. Currently, Medicare suggests that members who spend \$2,000 or more on prescriptions each year are most likely to benefit.

Will M3P lower my overall out-of-pocket/copay expenses?

No, this program doesn't lower your out-of-pocket copays. It helps by spreading the cost of higher copays throughout the year, making them more manageable during the year.

LEARN MORE:



Review your Evidence of Coverage (EOC) and Summary of Benefits documents



Call the dedicated M3P customer support line:
1-833-829-6153 (TTY: 711)



When can I opt in to the M3P?

Members are currently able to join the program for the 2025 coverage year at any point during the year.

How can I opt in to M3P?

You can opt in by filling out the form provided in your Zing Health Welcome Packet or by contacting the M3P customer support line listed below.

Can I opt out of M3P once I have opted in?

Yes, members can call the dedicated M3P customer support line: **1-833-829-6153** to opt out.



Visit our website:
[www.myzinghealth.com/
pharmacy/inflation_reduction_act](http://www.myzinghealth.com/pharmacy/inflation_reduction_act)



Low pharmacy costs are a key benefit for our members

As part of our effort to provide best-in-class services to our members, on January 1, 2025, Zing Health will be partnering with CVS Health to process prescription drug claims.

This change will ensure more effective management of your prescription benefits, help control rising medication costs, and provide pharmacy services and support.

What you need to know:

- CVS Health will provide many pharmacy services for Zing Health. These services include a pharmacy call center for pharmacy benefits, specialty pharmacy services, and processing of prescription drug claims.
- Be sure to provide your 2025 Zing Health member ID card to the pharmacy the first time you fill a prescription in 2025
- Most members will be able to continue using their current pharmacies. CVS Health has a retail pharmacy network that includes approximately 68,000+ pharmacies and 98% of recent pharmacy claims were made at these pharmacies. If your current pharmacy is not in the CVS network, CVS and Zing will notify you directly alerting you to change pharmacies.

We understand that pharmacy benefits are a vital part of your plan, so the Zing Health Pharmacy team is dedicated to making this transition as smooth and beneficial as possible for you.

The Information You Need, When You Need it

Zing Health Member Portal

The Zing Health Member Portal allows members to quickly access information about enrollment, coverage, and much more.

What's in the portal?



Coverage Center

Find information about your plan type, maximum out-of-pocket amount, and current and past coverage details in the Coverage Center. You can also view and print your Zing Health ID card.



Resource Center

Review information such as details on Zing Health Rewards, mail-in pharmacy instructions, and the Appoint a Representative form.



Claim Center

Track your claim activity, including services received, plan approvals, and your share of costs. It shows annual medical spending for the current and previous years and provides detailed information on your claims, such as billed services, descriptions, total costs, and your share of expenses. You can also download your monthly EOB statements, which include coverage decisions and amounts owed to your provider.

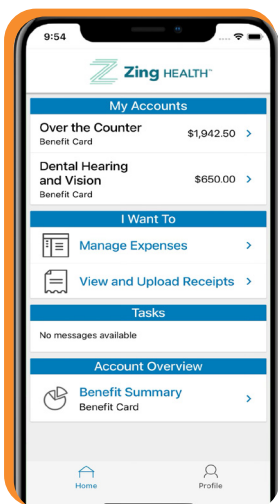
Scan to access the portal:

Or visit:

<https://memberportal.myzinghealth.com/account/zing/splash-page>



Zing Health Benefit Card Mobile App



Did you know Zing has an app to check your over-the-counter (OTC), grocery, and utility benefits? Our secure app makes it easy to manage your benefits with simple navigation and access to your account. Save time with your Zing Health Benefit Card App by quickly viewing your balances and details.

Key features:

- 24-7 access to available balances
- Product barcode scanner to determine if the item is eligible for purchase
- Request reimbursement by uploading a picture of the receipt right from your phone
- Lost or stolen debit card reporting/alert to Zing

Download now!



Transportation Assistance at your Fingertips!

Zing Health partners with Access2Care (A2C) to provide Non-Emergency Medical Transportation (NEMT) assistance for our members. A2C offers a mobile application that members can use to:

- Schedule rides to medical appointments, grocery store, gym, church, and more
- Request single, or multi-ride trips either round-trip or one-way
- Set reoccurring rides
- Cancel rides
- Reschedule and change ride information
- View ride history - upcoming, past, and canceled
- Set up "saved locations" e.g., home, doctor, etc.
- Invite caregivers to assist in ride scheduling

While using the app, members can call the driver assigned to the specific trip or call the Transportation Scheduling Line at **1-888-949-3563**.

Download the app for easy access:





Take Your Health to Heart

February is American Heart Month



American Heart Month is celebrated in February and is a reminder to take action to protect yourself against heart disease. Heart disease is a leading cause of death in the U.S. for both men and women, but there are actions you can take to protect your heart and live healthy.

1. Get enough quality sleep

Aim for 7-9 hours of quality sleep per night, and try to avoid excessive caffeine.

2. Maintain a healthy weight and get active

Try getting at least 150 minutes of moderately intense aerobic exercise or 75 minutes of vigorous exercise per week. Stay hydrated throughout the day and choose healthy snacks like fruits, vegetables, yogurt, or nuts.

3. Eat better

Read nutrition labels to choose foods lower in saturated fat, sodium, and added sugar and maintain variety in your diet - lean meat, seafood, and whole fruits and vegetables.

4. Control cholesterol

Limit alcohol consumption and maintain a diet low in saturated fats.

5. Manage blood sugar

A diet rich in whole foods like fruits, vegetables, whole grains, lean protein, and healthy fat can lower your risk of diabetes. Monitor your carbohydrate intake and talk to your healthcare provider about how often you should check your blood sugar levels.

6. Control blood pressure

Blood pressure that is consistently higher than 130/80mm Hg can cause serious health problems. Have your blood pressure checked each time you are visiting your healthcare provider and/or use a blood pressure monitor at home.

7. Manage stress

Manage your stress levels by using relaxation techniques, meditation, or an exercise routine, such as yoga or pilates.

8. Practice self-care and socialize

Studies show that having positive social support, close relationships, and feeling connected to others makes it easier to stick to heart healthy habits.

Share the Health

Do you or someone you know have diabetes or a heart condition? Zing Health offers HMO Chronic Special Needs Plans (C-SNPs) specifically designed for these conditions. These plans provide **EXTRA** benefits focused on managing diabetes and heart health such as:



\$0 insulin medications



Up to 36 one-way transportation trips annually on HMO plans



Free continuous glucose monitor¹



Groceries + Utilities + Over-the-Counter monthly allowance²



Diabetic therapeutic shoes or inserts



\$0 or low copay for in-network PCPs and C-SNP specialists³



No-cost cholesterol test



Flex card annual allowance for all out-of-pocket dental, vision, and hearing costs



Nutritional and dietary counseling

¹For members who have Diabetes, and their physician has prescribed the device. ²The benefits mentioned are a part of special supplemental program for the chronically ill. Not all members qualify. ³Specialists include endocrinologist, gerontologist, nephrologist, ophthalmologist, podiatrist, cardiologist, and pulmonologist. Plans vary by service area/state.

Winter Recipe

Seasonal recipes to take the guesswork out of healthy eating!

Heart Healthy Creamy White Chili

Ingredients:

- 2 (15 oz.) cans no-salt-added great northern beans, rinsed, divided
- 1 tbsp canola oil
- 1 lb boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
- 1/4 tsp salt
- 1½ cups chopped yellow onion (1 medium)
- 3/4 cup chopped celery (2 medium stalks)
- 5 cloves garlic, chopped (2 tbsp)
- 1 tsp ground cumin
- 3 cups unsalted chicken stock
- 1 (4 oz) can chopped green chiles
- 4 oz reduced-fat cream cheese
- 1/2 cup loosely packed fresh cilantro leaves

Directions:

Step 1: Mash 1 cup beans in a small bowl with a whisk or potato masher.

Step 2: Heat oil in a large heavy pot over high heat. Add chicken; cook, turning occasionally, until browned, 4-5 minutes. Add onion, celery, garlic, cumin and salt. Cook until onion is translucent and tender, 4-5 minutes.

Step 3: Add the remaining whole beans, the mashed beans, stock and chiles. Bring to a boil. Reduce heat to medium and simmer until the chicken is cooked through, about 3 minutes. Remove from heat; stir in cream cheese until melted. Serve topped with cilantro.

LUNCH OR DINNER



Courtesy of EatingWell.

Keeping You at the Center of Your Care

Our members are our first priority. That's why we've partnered with providers that place **YOU** at the center of your care.

Complete Care for Kidney Conditions



Strive Health delivers compassionate kidney care focused on those individuals with Chronic Kidney Disease (CKD) or End-Stage Renal Disease (ESRD). Strive's model of care increases patient engagement and is built around whole-person care. They emphasize data-driven insights, high-touch care and prevention. Their team is made up of nurse practitioners, social workers, dietitians, care coordinators and more who are empowered to deliver care where and when needed.

Special Care for Diabetes



Perry Health provides remote specialty care and support to help you better manage your diabetes - everything is over the phone and tailored to your life. You'll be supported by a comprehensive care team to set you up for success. This includes a Coaching Team for day-to-day guidance and support and a doctor-led clinical team to ensure your health is improving. Through Perry's program, you'll receive at home diabetic testing supplies, including a continuous glucose monitor. Perry's Clinical team will provide remote monitoring of blood sugar levels 7 days a week, and one-on-one personalized coaching.

Integrated Primary Care



Oak Street Health specializes in outstanding care for older adults. You'll get access to dedicated doctors and care team members who take the time to know and understand your individual health needs to help you take care of yourself. You can expect to experience more face-to-face time with your care team to better address your individual health needs and provide the best care possible.

Population Health



Cityblock helps address the barriers that keep you from living your healthiest life. That can be a medical need or social support like services for fresh food or a safe place to live. Cityblock provides you with a dedicated care team that includes doctors, nurses, mental health advocates, and social workers built around your specific needs. Cityblock coordinates with your provider and/or case worker to ensure you get the care you need. They can help you make appointments, refill prescriptions, get necessary referrals, make and stick to care plans, and set health goals for yourself.

Get Access to Additional Benefits with a Zing Health Special Needs Plan

Members of our Chronic Special Needs Plans (C-SNPs) may receive a monthly allowance on their prepaid benefit card for non-medical expenses that can improve their overall health and well-being. These funds can be used for groceries, utilities, over-the-counter medications, and other approved items.

Starting in 2025, completing the annual health risk assessment (HRA) will be required to continue receiving this allowance. The HRA is part of your Medicare Annual Wellness Visit and helps us understand your health needs better, allowing us to provide more effective care.

What are the next steps to complete my HRA to ensure I keep my additional benefits?

New members must complete the HRA anytime between 90 days before the coverage effective date and 90 days after the coverage effective date.

Existing members must complete the Health Risk Assessment (HRA) annually. You'll receive reminders approximately 60 days before your HRA is due through various communication channels.

You can complete the HRA at your convenience, even before receiving the reminder. If you're unsure about your HRA due date, please contact Member Services or your Care Manager for assistance.

Call Zing Health Member Services to complete an HRA over the phone or contact your Care Manager directly.

1-866-946-4458 (TTY: 711)

8 a.m. to 8 p.m. 7 days a week (from October 1 - March 31)

8 a.m. to 8 p.m. Monday through Friday (April 1 - September 30)

What happens if I do not complete the HRA?

If you do not complete the HRA within the required time limit, the benefits mentioned above will be discontinued until your HRA is complete. If your benefits are discontinued, we will reinstate your benefits the month following the date the HRA is completed.



Winter Fun Zone

Activities to help
keep your mind sharp.

Search for the words in the list below. Words
may appear forward, backward, diagonal,
and up/down.

WINTER WORD SEARCH

G W Y F S N O W B A L L I P T R M L W H
X N G O K A S Q B J Q I R F I B D W W B
S M I T G M E U B C V E Y D G X H U U F
N I C I Y V I K E M I T R E T N I W Z R
O Q U N K Y R L U H X M R U J Y T H B O
W K L U J S R W Y D B L W I M O O L S Z
M K E J Q B U N H O S H F E M T E H Y E
A R O A U G L M O E B O I U U G O I U N
N G E Y F W F T L E E T W C N V S F O T
E W C D C S S K I C N C S A E O K M M I
W R A E Y W E N D E Z H W L P S B X L C
F O L Q Y E G G A S M O H J Z L K R O C
K K P N H E L S Y L N C T N I I I A C O
G Q E U I C O F L S G O X Z I Y T S T U
L Y R W W I V F P N M L Z V I C I C L E
S Y I P N T E U Q Y C A B A Q K O A Z Q
Z L F D V S S M A J R T Z D Y K J R I X
L X E L F L K R L D R E T A E W S F H X
D U W D D O F A A Z L A U G O K H M A U
Y L M P H S J E S V D L U U F V E A P Q

BLIZZARD
EARMUFFS
FROZEN
HOTCHOCOLATE
NEWYEAR
SKIING
SNOWBALL
SWEATER

BOOTS
FIREPLACE
GLOVES
ICESKATE
SCARF
SLED
SNOWMAN
WINTERTIME

COAT
FLURRIES
HOLIDAY
ICICLE
SHOVEL
SNOWANGEL
SOLSTICE

Sit, Strengthen, and Stretch

The natural changes that may come with aging can limit your ability to participate in physical activities you once enjoyed. Despite these limitations, it is still possible to get a good workout, which is essential in helping you maintain independence, boosting your muscle strength and mobility, and improving your mental health.

Chair exercises can be a great, low-impact way to stay fit without putting a strain on your body. Seated exercises can help strengthen various areas of your body, including your upper and lower body and core. Utilize your Silver&Fit benefit and check out the videos below for instructions on how to properly exercise in a seated position.

Cardio Exercises

- Chair march
- Heel push
- Toe taps
- Chair dance

Check out the video on how to do these moves here:

<https://www.youtube.com/watch?v=S-DL16z-cy3U>

Core Exercises

- Core activation
- Leg lifts
- Press downs
- Glute presses with arm raise

Check out the video on how to do these moves here:

<https://www.youtube.com/watch?v=WXO-8jDQsrgA>

Mobility Exercises

- Neck circles
- Shoulder rolls
- Cat cow
- Arm crossovers
- Leg forward to back
- Leg lift/hug
- Leg/wrist ankle circles
- Open/close hands

Check out the video on how to do these moves here:

https://www.youtube.com/watch?v=tjAZBs_rHtk

Body Weight Exercises

- Cobra
- Open/Shut arms
- Glute squeeze with leg raises
- Chair hover
- Leg drag

Check out the video on how to do these moves here:

<https://www.youtube.com/watch?v=-nokOAzkeN9w>

Flexibility Exercises

- Chest expansion
- Hip flexor stretch
- Walk-outs
- Toe pull-back with or without hip hinge

Check out the video on how to do these moves here:

https://www.youtube.com/watch?v=MGQbOs_0tkM



Scan the QR code to access all five videos on this page!



All exercise regimes should be discussed with your doctor before you start them.

Celebrate
Black
HISTORY
month

This **Black History Month**, we celebrate the pioneering spirit of our African American co-founders, Dr. Eric E. Whitaker, Dr. Kenneth Alleyne, and Garfield Collins. Their vision of creating a more equitable healthcare system, founded on community collaboration and addressing the social determinants of health, has been instrumental in shaping Zing Health. We are proud to honor their leadership and the impact they continue to have on improving the lives of our members.



Dr. Eric E. Whitaker



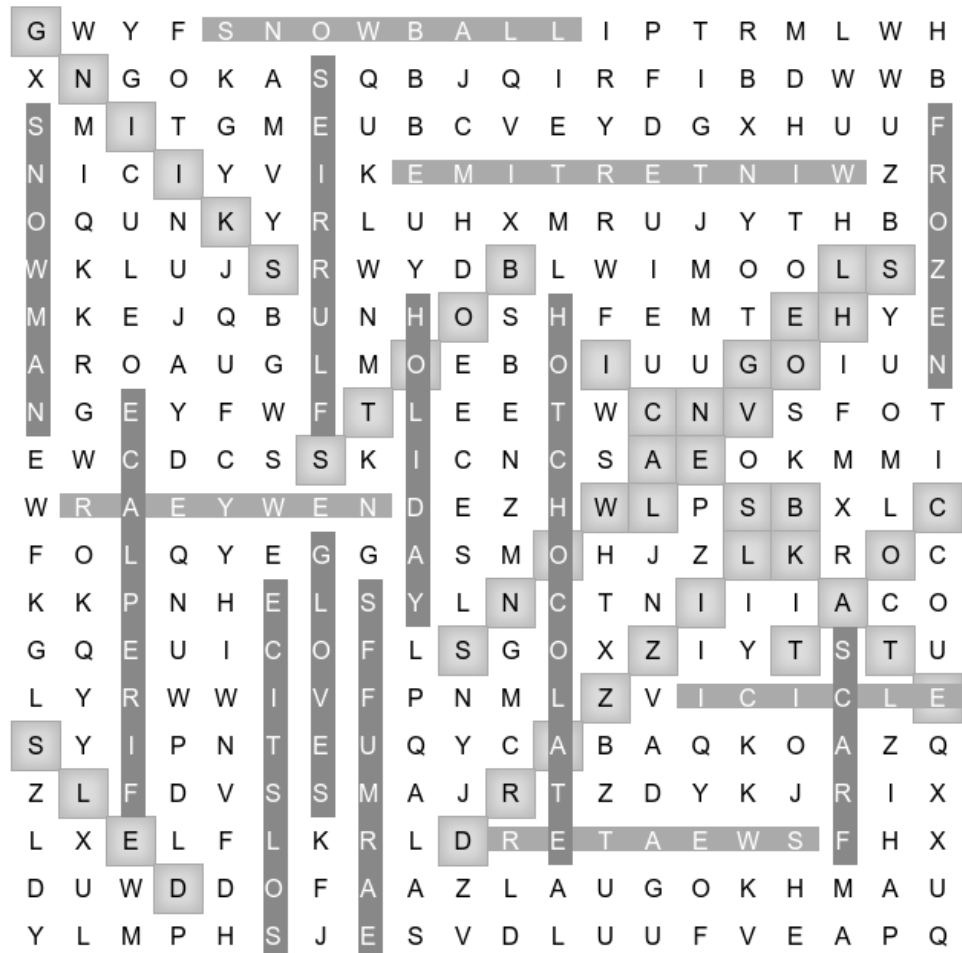
Dr. Kenneth Alleyne



Garfield Collins

Winter Fun Zone

Answer Key



Accessible Care All Winter with MDLIVE



MDLIVE

This year, get ahead of colds, flu, and COVID-19 with your Zing Health plan benefits. You have 24/7 access to convenient, easy to access care through MDLIVE®, at no cost to you! For a \$0 copay, you can get fast, reliable care from MDLIVE® board-certified doctors for over 80 common, non-emergency conditions. (In case of an emergency, call 911 or head to the nearest emergency room if it's safe to do so.)

Cold and flu season can also bring on the “winter blues”. If you start feeling down as the days get colder and darker, MDLIVE® licensed therapists and board-certified psychiatrists are available to help. Schedule an appointment at a time that works best for you, all from the comfort of your home. Don't wait – sign up for a free MDLIVE® account today! There are three easy ways to get started:



Text *myzinghealth* to 635483



Call 1-800-657-6169



Go online to MDLIVE.com/myzinghealth

HOW TO REACH ZING HEALTH:

866-946-4458 (TTY: 711)

8 a.m. to 8 p.m., Monday through Friday (April 1 - September 30)

8 a.m. to 8 p.m., 7 days a week (from October 1 - March 31)

MyZingHealth.com

