



Healthy at HOME™

Welcome to healthier living

The Healthy at Home™ webcast network features three channels — each dedicated to helping you achieve your best health. All topics are presented by celebrity speakers and experts. You can sign up to attend the next live webcast or access the library of past episodes for on-demand viewing. A wealth of healthy lifestyle topics available to you for viewing from the comfort of your home.

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Choose a webcast channel to learn more:



Fitness

Workout Wednesdays with Curtis Adams

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Healthy lifestyle

Well-being, sleep, personal finance

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Food

Healthy cooking with Ellie Krieger

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Join us for the next Healthy at Home live episodes:



Brain fitness: Recharge your brain and your life |

July 14 at 1 PM ET

Dr. Heidi Hanna is the Chief Energy Officer of Synergy Brain Fitness, a company providing brain-based health and performance programs to individuals and organizations. She is also an instructor at Harvard Extension, and a Fellow and Advisory Board Member for the American Institute of Stress.

Dr. Heidi Hanna will guide participants in an exploration into human capital and the power of the brain. She uncovers research-driven guiding principles and a simple framework for optimizing brain health and fitness.

[Sign up to attend](#)



Maximize strength with drop sets | July 19 at 1 PM ET

Workout Wednesdays is back! Curtis is excited to bring you more total body workouts that feature specific focus areas. All workouts include seated and standing versions of the same exercise. Plus, they're suitable for all fitness levels.

Curtis Adams is a fitness expert and inspirational TV personality widely known for his senior exercise TV show called *Vitality 4 Life*. He is responsible for creating workouts that are loved by thousands all over the U.S., Canada, and now Hong Kong. Curtis Adams has over 20 years of fitness experience focusing on senior health for 15 years. He creates fun, effective workouts that everyone can do. Curtis enjoys educating, empowering, and encouraging seniors and loves seeing the progress they make.

Sign up to attend



See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage.

Plan features and availability may vary by service area. For accommodation of special needs at meetings, call **1-800-307-4830 (TTY: 711)**.

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