



ULTIMATELIVING

Health and Wellness News for Members of Ultimate Health Plans (UHP)



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A BETTER PATIENT SERVICE CENTER EXPERIENCE

Labcorp is making it easier than ever for patients to complete their lab testing.

Read more on page 7.



TRAVEL TRIPS

As the summer season approaches, one thing you shouldn't have to worry about is your medication.

Read more on page 13.



Mission Statement

Ultimate Health Plans' mission is to provide all members with the highest quality healthcare with access to highly qualified physicians. We hold ourselves accountable for treating our members with dignity and respect, providing world-class customer service, and recognizing our commitment to the community as a local corporation.



www.facebook.com/UltHP

Message from Chief Medical Director



Dr. Pragnesh Shah

MD, MBA, CPE, CHCQM-PHYADV

Dear Members,

We hope this year has treated you well thus far. We are halfway through 2025. I want to make sure that all members are completing screening measures as advised by your physicians. There are two screening measures in particular that are important for many of our members to complete. We will talk about these measures and their importance.

Diabetic Retinal Exam (DRE) – Diabetes is one of the most dreaded diseases due to its ability to affect just about every system and organ in your body. Eyes are no exception. Diabetes is a leading cause of vision complications in the United States. However, early detection has been shown to reduce the complications related to diabetic retinopathy, including blindness. Diabetic retinal exam should be completed once a year by all diabetics. If you have not yet completed yours, please let your provider know.

Colorectal Cancer – About 1 in 24 people will be diagnosed with colorectal cancer in their lifetime. Screening can find the warning signs of colorectal cancer and help your doctor take appropriate actions to prevent the disease. Screening can also find the cancer early when the treatment is the most effective. Below are several methods available for colon cancer screening:

- Fecal Occult Blood Test (FOBT) – Once every 12 months for members 45 years or older.
- DNA Lab Test – For ages 45 to 85 without any alarming cancer symptoms.
- Screening Colonoscopy – Medicare covers screening colonoscopy once every 24 months (2 years) if you're at high risk for colorectal cancer. If you aren't at high risk for colorectal cancer, Medicare covers the test once every 120 months (10 years), or once every 48 months (4 years) after a previous flexible sigmoidoscopy. There's no minimum age requirement.

Please note that colorectal cancer screening and diabetic retinal exam are associated with member incentive.

Stay safe and as always, let us know if there is anything more we can do to be of help.

Chief Medical Officer,

Pragnesh Shah, MD, MBA, CPE, CHCQM-PHYADV

Did you know?

June is Alzheimer's & Brain Awareness Month¹

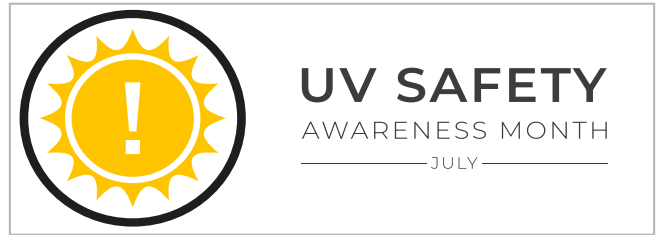


- Greater than 55 million people around the world are living with Alzheimer's or another form of dementia
- Two-thirds have at least one potential risk factor for dementia. Risk factors include²:
 - o Age: after the age of 65, the risk of Alzheimer's doubles every five years
 - o Family History: a close relative with Alzheimer's may increase your chances of developing the disease
 - o Modifiable risk factors: sleep, smoking habits, hypertension, diabetes
- Ways to reduce your risks
 - o Implementing healthy habits in your daily routine
 - Challenging your brain to learn new skills
 - Exercise and movement of your body
 - Quit smoking
 - Making healthier food choices
 - Maintaining a healthy weight
 - Getting quality sleep
- Do not forget to sign up for Silver Sneakers www.silversneakers.com or call 888-423-4632 for great tips on exercising for all skill levels!

¹ <https://www.alz.org/abam/overview.asp>

² <https://www.alz.org/alzheimers-dementia/what-is-alzheimers/causes-and-risk-factors>

July is UV Awareness Month³



- UV is the root cause to most skin cancers per the American Academy of Dermatology (AAD).
 - Recommendations from the AAD to protect oneself include:
 - Finding shade when outdoors
 - Wear clothing designed to protect yourself from the sun
 - Don't forget to apply a broad-spectrum water-resistant sunscreen with an SPF of 30 or greater, on a regular basis. The following website can help you select the appropriate sunscreen: <https://www.aad.org/public/everyday-care/sun-protection/shade-clothing-sunscreen/how-to-select-sunscreen>
- Skin cancer is the most common cancer in the United States and affects 1 in 5 Americans at some point in their lifetime.
- When it is detected early, skin cancer is highly treatable.
- Don't forget to get a full body check with a dermatologist, at least once a year.

August is National Immunization Awareness Month⁴



- Vaccines are important for people of all ages to help prevent serious, sometimes deadly, diseases and illnesses.
- Vaccine-preventable diseases are still a threat, and vaccination is the best protection.
- Common vaccines that are recommended include :
 - Influenza (flu) vaccine-recommended every year
 - Respiratory syncytial virus (RSV) vaccine-recommended for all adults 75 years of age or older and for some populations aged 60-74
 - Tetanus, diphtheria, pertussis (Tdap/TD) vaccine-recommended every 10 years for all adults
 - Shingles zoster vaccine-recommended for ages 50 and older
 - Pneumococcal vaccine- recommended for ages 50 and older
- Don't forget to talk with your doctor on which vaccines would work best for you.

³ <https://www.aad.org/member/advocacy/promote/uv-awareness>

⁴ <https://wicworks.fns.usda.gov/topic/health-observances/national-immunization-awareness-month>

⁵ <https://www.cdc.gov/vaccines/imz-schedules/downloads/adults-schedule-easy-read.pdf>



2025

ULTIMATE HEALTH PLANS WELLNESS INCENTIVE PROGRAM



Earn rewards for taking care of your health.

As a member of Ultimate Health Plans, you can participate in our Wellness Incentive Program. This program is customized to your specific needs. You can get rewarded for various activities based on your health, screenings you may need, or conditions you have. The list below shows reward activities you may be eligible for. Eligible members may earn up to a max amount of \$75 through the Ultimate Benefit Card just for completing important Healthy Care Activities, per CMS guidelines.

Note: Members are eligible for rewards based on claims data. Please ensure your provider submits claims for completed screenings or tests for your healthcare wellness activities.

2025 Healthy Care Wellness Activities – You can complete these activities as recommended by your provider.

Health Risk Assessment (HRA) | **Reward: \$15**

The Centers for Medicare and Medicaid Services (CMS) require that all Medicare health plan members complete an HRA each year. Your responses help us better understand your health needs and connect you to appropriate programs, services, and providers. To be eligible, we must receive your HRA before your HRA due date, and you must also answer at least 80% of the questions. If you miss your due date, you're still eligible if you complete 2 HRAs and we receive them between 1/1/2025 and 12/7/2025. If you're not sure what your due date is, please call Care Coordination at 877-547-1460 (TTY 711). You can submit your HRA through the mail, telephonically, or online at HRA.myultimatehp.com. *

Hemoglobin A1C | **Reward: \$15**

The results of an A1c test can help your doctor diagnose diabetes and is used in diabetes management. An A1c test lets your doctor know what your average blood sugar level is over a 3-month period. Diabetes increases your risk for cardiovascular disease and complications associated with diabetes. Complete a simple blood sugar test that measures less than 9% with most recent results between 1/1/2025 – 8/31/2025. *

Mammogram Screening | **Reward: \$15**

A mammogram can detect breast cancer before it can be seen or felt by a patient or a physician. If you are a member between the ages of 52 and 74, it's recommended that you receive a mammogram every one to two years. For all members who complete a Mammogram between 1/1/2025 – 8/31/2025. — **Only eligible for incentive every 27 months.** *

Colorectal Cancer Screening | **Reward: \$15**

Colorectal Cancer Screening is important as it can find cancers early. Early detection means more treatment options and better outcomes. All members who had appropriate screening for colorectal cancer are covered as a plan benefit with any of the following tests:

- Annual Fecal Occult Blood Test (FOBT)
– between 1/1/2025 – 8/31/2025
- Flexible Sigmoidoscopy every 5 years
- Colonoscopy every 10 years
- Computed Tomography Colonography every 5 years
- Stool DNA Test every 3 years

Only eligible for incentive every 1-10 years based on screening completed from above list. *

Controlling Blood Pressure | **Reward: \$15**

If you have been diagnosed with hypertension or high blood pressure, you know that it can quietly damage your heart, lungs, blood vessels, brain, and kidneys. It also raises your risk for stroke, heart, and kidney disease. Know your numbers and keep your blood pressure below 140/90mmHg with the most recent results between 1/1/2025 – 8/31/2025. *

Eye Exam for Patients with Diabetes | **Reward: \$15**

If you have a diagnosis of diabetes, it's important to monitor and manage blood sugar levels, as it significantly reduces the risk of developing serious complications. Managing diabetes can reduce complications related to diabetes such as kidney disease, nerve damage, heart disease, and eye disease ultimately contributing to a longer lifespan. Complete a diabetic eye exam between 1/1/2025 – 8/31/2025. *

** This incentive is rewarded within 60 days after completion, or by December 31, 2025, as long as you are still a member of Ultimate Health Plans.*

Health Equity & Race and Ethnicity Data



As Ultimate Health Plans (UHP) continues to grow, it is important that we discuss the topic of Health Equity & Race and Ethnicity Data collection and analysis. It has been widely documented that there are racial and ethnic health disparities and inequities in the United States. The World Health Organization defines health equity as “the absence of unfair and avoidable or remediable differences in health among population groups defined socially, economically, demographically or geographically.” We, here at Ultimate Health Plans, want to ensure we improve equity in the management of your care by removing any barriers for all our members to receive the care they deserve.

By gathering race and health equity data, it will allow us to identify any disparities in specific populations that we can address. It will also allow us to see where our populations are thriving and the best practices, we have put in place that we can build upon.

By identifying the disparities, we can also make attempts to fix the health inequities that occur, as they not only affect lives, but affect finances and can create an economic burden on our members.

The National Committee for Quality Assurance (NCQA) is an independent organization with a goal of improving health care quality by collaborating with policymakers, doctors, health plans, and you, the patient.

NCQA uses Healthcare Effectiveness Data and Information Set (HEDIS) clinical measures to ensure that you, as the patient, are having your health care needs met.

This is implemented by:

- stratifying race and ethnicity separately in reporting
- include options for the member to decline answering and not provide their race or ethnicity
- allow self-reported member data and indirect imputed data
- use existing HEDIS audit and hybrid sampling guidelines

Gathering this information allows NCQA and Ultimate Health Plans to create programs to better help you, our members, avoid any barriers to receiving the health care you deserve.

Thank you for partnering with us to help you, our members, and your fellow Medicare members, to deliver to you the best quality of healthcare possible.

A better patient service center experience



Labcorp is making it easier than ever for patients to complete their lab testing by increasing transparency on wait times and flexibility to schedule appointments.

Patient check-in

Walk-ins are always welcome and we've made the experience easier and more convenient. Patients with a wait time longer than 45 minutes can:

- See their estimated wait time during check-in
- Select a time to be served that day or make an appointment for another day
- Choose to stay and wait or come back later if they choose a same-day time slot

All patients can opt to receive a text when it's their turn to be served.

[<< Start Over](#)
Preferred Language: English [?](#) Help


We're busier than usual. The earliest we can see you is **1:30 pm today**. Would you like to book this time as an appointment?

[Book 1:30 pm Appointment](#)

You are welcome to stay and wait, or leave and return.

[Other Available Times](#)

Find other available times for this location.



Want more options?
Scan the QR code with your mobile device to find an appointment for another day or other locations that may have availability.

[Exit and Cancel Check-in](#)

Returning to home page in 29 seconds.

Appointment scheduling

Patients will enjoy increased flexibility and personalization to help them find an appointment that works for them. This includes:

- A wide range of available time slots
- Customized filters like a.m./p.m. or weekend hours
- The ability to save a favorite patient service center
- Prefilled personal and insurance information (if already on file)
- Email and text reminders

As always, patients with an appointment can check in from their mobile phone or at the express kiosk upon arrival at the patient service center.

labcorp | Patient Labcorp OnDemand Make an Appointment Billing and Insurance Help Center Sign In

Find a Lab Search Results

Making an appointment ensures your visit is convenient. While walk-ins are welcome, an appointment gives you peace of mind that you've saved your spot and check-in will be quick and easy.

Service: Routine Labwork Location: 123 Main St, Outtown, NC

mm/dd/yyyy All Day 25 Miles ☐ Open Now ☐ Labcorp at Walgreens ☐ Open Weekends

0.5m

labcorp - Walgreens

456 Main Street
Outtown, NC 12345

More

Directions Show on Map

Available Appointments for Today, 01/02/2024

9:00 am 9:30 am 10:00 am 10:15 am

11:00 am 11:45 am 12:00 pm 1:00 pm

2:00 pm 2:30 pm 4:00 pm 4:30 pm

See More +

1.5m

labcorp

789 Wilson Boulevard
Outtown, NC 12345

More

Directions Show on Map

Available Appointments for Today, 01/02/2024

9:00 am 9:30 am 10:00 am 10:15 am

11:00 am 11:45 am 12:00 pm 1:00 pm

2:00 pm 2:30 pm 4:00 pm 4:30 pm

See More +

2.0m

labcorp

321 Jones Street
Outtown, NC 12345

More

Directions Show on Map

Available Appointments for Today, 01/02/2024

9:30 am 9:45 am 10:00 am 10:15 am

11:00 am 11:45 am 12:15 pm 1:00 pm

2:00 pm 2:30 pm 3:00 pm 3:30 pm

See More +

Remember to bring your ID.

If applicable, please have payment information, insurance cards and/or your doctor's order available at your appointment. If your test is already paid for (employer drug screening, pre-paid OnDemand testing, etc.), you won't need payment or insurance information.

In most cases, your doctor has sent us the order electronically. If you have a paper copy, bring it with you.

Patients can find a patient service center or make an appointment at labcorp.com/labs-and-appointments
Labcorp Customer Service 1-800-877-5227



Lab testing **on your schedule**



1. Make your appointment at a Labcorp patient service center (PSC)

- Schedule an appointment at a time and location that works for you online or by phone
 - Visit: labcorp.com/labs-and-appointments
 - Call: 800-877-5227 for Labcorp customer service
- Provide your personal information when scheduling to save time at check-in. Use the exact same first and last name as listed on your government-issued ID.

2. Easily check in when you arrive at the PSC

- Check in from your mobile phone
 - Use your appointment reminder link to access mobile check-in
- Check in at the express kiosk inside the PSC using one of three verification methods
 - Scan your personal QR code found in your appointment details
 - Scan your government-issued ID
 - Enter your name and personal information using the exact same first and last name as the appointment or government-issued ID.

3. Create a Labcorp Patient™ account for added convenience

- Visit: patient.labcorp.com to create an account
- View your test results
- View, change or cancel upcoming appointments
- Update personal information
- View and pay your bills directly using all major credit cards as well as Apple Pay, Google Pay and PayPal



MANAGE YOUR HEALTH CARE ANYWHERE, ANYTIME, WITH THE **ULTIMATE MEMBER PORTAL**

Log in to your secure member account to easily view your health plan details, find helpful resources, and get the support you need anytime.



Exciting New Features!

Now you can:

- **Manage Your Communication Preferences** - Go paperless and access your letters right from the Member Portal
- **View Your Prior Authorizations** - Check the status of your authorizations and download copies of your approval letters
- **Chat Live with Member Services** - Get the help you need from our live customer service representatives



Register Today to Gain Access to:

Your Member Record

- Request a New Member ID Card
- Print a Temporary Member ID Card
- Change Your Primary Care Physician
- Change Your Communication Preferences & Go Paperless
- Update Your Address & Phone Number
- Complete Your Health Risk Assessment
- View Your Prior Authorizations
- View Your Claims

Exclusive Resources

- Self-Management Health Tools
- Health Education Resources
- Personal Health Tracker Tool
- Find Doctors, Hospitals, & Facilities Near You
- Live Member Services Chat Support

Benefit Details

- Pharmacy & Prescription Mail Order Benefits
- Benefit Cost by Plan
- View, Print, & Order Plan Documents



REGISTER YOUR ACCOUNT TODAY!

Follow the steps below to access your account:



Scan the QR code with your mobile device

OR

Visit <https://portal.myultimatehp.com>

Log in using your credentials

OR

Register using the “Sign Up” button and enter the following information:

- Member ID
- Last 4 Digits of Your Medicare Number
- Last Name
- Date of Birth



Questions?

Contact Ultimate's Member Services by calling 888-657-4170 (TTY 711) OR using the “Contact Us” section within the Member Portal.

Your online benefit information is safeguarded with advanced encryption technology, ensuring complete privacy and security.

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100-day supply for Tier 1 & 2 drugs

As part of our ongoing commitment to delivering high-quality care, we offer a 100-day supply option for all Tier 1 and Tier 2 medications. This initiative is designed to enhance medication adherence and convenience—especially for members managing chronic conditions with maintenance medications. By providing a longer supply at once, we aim to reduce treatment disruptions and help you stay consistent with your prescribed regimen. Our healthcare team has carefully evaluated and selected eligible medications based on safety, effectiveness, and member needs. We believe this improvement will support better health outcomes and increase overall member satisfaction.

Pay Less with Home Delivery:



Save on your medication with a 3-month supply. OptumRx offers a convenient home delivery service, allowing you to skip trips to the pharmacy. With this mail-order option, your medications are delivered directly to your door — and standard shipping is free.

Get your Specialty refrigerated medications filled through OptumRx. Refrigerated medications are shipped following the manufacturer's guidelines. Optum Home Delivery ensures temperature-sensitive medications are packaged in insulated containers with frozen gel packs. Under normal shipping conditions, these gel packs maintain proper temperature for up to 60 hours

Please note: Opioid medications are not eligible for home delivery.

How to get started with OptumRx home delivery:

- Ask your doctor to send an electronic prescription to OptumRx.
- Visit [optumrx.com](https://www.optumrx.com) or use the OptumRx mobile app.
- Prefer to speak with someone? Call 1-800-311-7517 for additional assistance.

Travel Trips



Don't risk running out of your medications — especially while traveling. Heading out on vacation? As the summer season approaches, one thing you shouldn't have to worry about is your medication. A little planning goes a long way to ensure you stay on track, even while away from home.

Vacation preparation tips for your medications:

- Check your supply: Count your remaining tablets to confirm you'll have enough to last through your trip.
- Need an early refill? Make sure you have refills available on your prescriptions. Call OptumRx Member Services at 800-311-7517 to ask about a vacation supply override. (This can be requested once per year per medication.)
- Notify your pharmacy early: Provide at least one week's notice. Some medications may take extra time to prepare or restock, especially if you take multiple prescriptions.

Forgot your medication while traveling?

If you're within the U.S., you can visit a nearby in network retail pharmacy and request a prescription transfer so it can be filled locally. If you run into any issues with early refills, either you or the pharmacy can contact OptumRx at 800-311-7517 for assistance with a vacation override.

Note: This does not apply to controlled substances.

Stay on Top of Your Prior Authorization Expiration Dates



Keeping track of prior authorization expiration dates helps avoid delays or interruptions in your medication coverage and care.

Be proactive—monitor your expiration dates and remind your provider to submit the necessary renewal documentation in time. Letting a prior authorization expire can result in denied or delayed services, potentially leaving you without important medications.

Your authorization letter will list the expiration date. If you're unsure, contact OptumRx at 800-311-7517. A representative can confirm the date and assist with starting the renewal process, if needed.

Staying informed and involved is a key step in managing your healthcare effectively.



Drugs Not Covered by Medicare Part D



Certain medications are excluded from Medicare coverage by federal law. Medicare Part D does not cover the following types of drugs:

- Medications for anorexia, weight loss, or weight gain
Exception: Part D may cover these drugs when used to treat physical wasting caused by conditions such as AIDS, cancer, or other serious illnesses.
- Fertility medications
- Drugs used for cosmetic purposes or to promote hair growth
Exception: Medications used to treat medical conditions like psoriasis, acne, rosacea, or vitiligo are not considered cosmetic and may be covered under Part D.
- Medications used solely to relieve cold or cough symptoms
- Drugs for the treatment of erectile dysfunction
- Prescription vitamins and minerals, except for certain products such as prenatal vitamins and fluoride preparations
- Over the counter (non-prescription) medications

Important Note:

Some of the drug's classes listed above may be covered if prescribed for a different, medically accepted use that is approved by the U.S. Food and Drug Administration (FDA). In such cases, Ultimate Health Plans may allow exceptions.

Our plan includes coverage for erectile dysfunction medications as part of our supplemental benefits. However, the cost of these drugs will not count toward your annual out-of-pocket spending limit.

For more information, visit [Medicare.gov](https://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227). TTY users can reach Medicare at 1-877-486-2048.

Coverage Decisions, Appeals, and Complaints

You can learn about the processes for Coverage Decisions, Appeals, and Complaints by reading the following sections of your Evidence of Coverage (EOC) or by reaching out to us. A copy of your Evidence of Coverage is available online at www.ChoosUltimate.com/Member/Documentsand-Forms or you can call 1-888-657-4170 to request we mail you a copy.

- Situations in Which You Should Ask Us to Pay Our Share of the Cost of Your Covered Services or Drugs (EOC Chapter 7, Section 1)
- How to Make a Complaint (EOC Chapter 9, Section 10)
- A Guide to the Basics of Coverage Decisions and Appeals (EOC Chapter 9, Section 4)
- Independent Review Entity Step-by-Step: How a Level 2 Appeal is Done (EOC Chapter 9, Section 5.4)



2025 Important Contact Information at a Glance



Member Services 888-657-4170 (TTY 711)

April 1 - September 30: Monday - Friday, 8 am - 8 pm

October 1 - March 31: Monday - Sunday, 8 am - 8 pm

Portal.MyUltimateHP.com

www.ChooseUltimate.com

Logo	Benefit	Vendor/Organization Name & Link	Phone Number
American Specialty Health	Acupuncture & Chiropractic	American Specialty Health	888-577-0055
Carelon Behavioral Health	Behavioral Health	Carelton Behavioral Health behavioral.uhp.health	800-627-1259
	MDLive - Telemedicine	Carelton Behavioral Health members.mdlive.com/ultimatemedicare	855-849-3650
FCL DENTAL	Dental	FCL Dental dental.uhp.health	800-340-8869
SilverSneakers	Gym Benefit	SilverSneakers www.silversneakers.com	888-423-4632
nations benefits	Hearing	Nations Benefits chooseultimate.nationsbenefits.com/hearing	800-313-2763
	Meal Delivery	Ultimate Member Services	888-657-4170
	Flex Allowance, Healthy Foods, Wellness Incentive, and OTC	Nations Benefits chooseultimate.nationsbenefits.com	855-422-0039
The Helper Bees®	In-Home Support	The Helper Bees	888-884-3614
LabCorp <small>Laboratory Corporation of America</small>	Laboratory Provider	Labcorp www.labcorp.com	800-845-6167
Carenet Health <small>Engaging. For the better.</small>	Nurse Hotline - 24/7	Carenet Health	855-238-4687
OPTUMRx	Prescription Drug Benefit - 24/7	OptumRx www.optumrx.com/members	800-311-7517
	Prescription Mail Order - 24/7	OptumRx Pharmacy Refills & Questions	877-889-6358
SafeRide Health	Transportation	SafeRide Health	855-306-0700
PREMIER EYE CARE	Vision	Premier Eye Care providerdirectory.premiereyecare.net	800-210-5511

HEALTHY VEGETABLE NACHOS



Fried tortilla chips smothered in cheese sauce and sour cream are delicious, but a few replacements can turn this favorite into a heart-healthy snack packed with protein from black beans, good fats from avocados, and plenty of flavor from your favorite salsa.

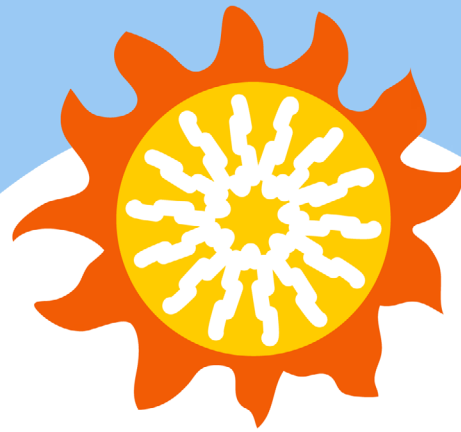
Ingredients

- 1 pile of store-bought baked vegetable chips
- ½ cup low-sodium black beans, drained and rinsed, slightly smashed or whole
- ¼ cup of your favorite mild salsa
- ½ cup shredded low-fat cheddar or pepper jack cheese
- ½ cup lettuce, chopped
- ¼ cup plain Greek yogurt (a tangy, lower-calorie replacement for sour cream)
- 1 avocado, sliced, or guacamole (optional)

Method

1. Set oven broiler to low and adjust rack to top position.
2. Cover a rimmed baking sheet with a layer or two of veggie chips. Sprinkle beans, salsa, and cheese over chips.
3. Broil in the oven until cheese has melted and beans and salsa are warm (about 5 minutes).
4. Remove from oven, allow pan to cool, and top with lettuce, Greek yogurt, and avocado.

ASTRONOMY
 AXIAL
 BONFIRE
 CELESTIAL
 CIRCUMPOLAR
 DAYLIGHT
 FESTIVAL
 HEMISPHERE
 JUNE
 LITHA
 LONGEST DAY
 MIDNIGHT SUN
 MIDSUMMER
 NORTHERN
 SOLAR NOON
 SOLSTICE
 ST. JOHN'S EVE
 STONEHENGE
 SUMMER
 SUN WORSHIP
 SUNDIAL
 SUNSHINE
 TILT
 ZENITH



SUMMER SOLSTICE

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

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



PO Box 3459
Spring Hill, Florida 34611

Health and Wellness or Prevention Information

GET IN TOUCH

Have a Question? Contact Us!

BY PHONE:

1-888-657-4170 (TTY 711)

October 1 - March 31:

Monday - Sunday, 8 am - 8 pm

April 1 - September 30:

Monday - Friday, 8 am - 8 pm

IN PERSON:

Community Outreach Offices

600 N US Hwy 1, STE A
Fort Pierce, FL 34950

4058 Tampa Road, STE 7
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