

Ignite Your Health

A virtual community of support offered as a Banner Medicare Advantage benefit

The Ignite Your Health community supports and advocates for the health of our members with a **diagnosis of diabetes**, and those who support them!

What you can do:

- Share your concerns in a judgement-free setting.
- Brainstorm ways to tackle difficult situations.
- Receive validation from others.
- Build a social support network.
- Develop a deeper understanding of your health.
- Share tips and strategies to ignite your health.
- Receive expert guidance in topics such as: physical activity, nutrition, coping, diabetes distress, stress and more.

Your team of experts includes:

- Registered Dietitian Nutritionists
- Exercise Physiologists
- Registered Nurses
- Certified Diabetes Care and Education Specialist

For more information or to register please contact:

Participation is free of charge for our members. Registration is required to obtain the computer link or telephone number to join. To register for Ignite Your Health, please call 480-684-5090, 8 a.m. to 4:30 p.m., Monday through Friday.

For information on additional wellness opportunities and more, please visit the Banner Medicare Advantage website:



To register for any of the above
Call: 480-684-5090
E-mail: BMAWellness@bannerhealth.com
Scan QR code

Eligibility:

Banner Medicare Advantage members living with diabetes and those who support them.

When:

Virtual meetings are from 12 p.m. to 1 p.m., on the second Tuesday of the month.

2026 Schedule:

January 13, 2026: Band Together: Strength Training Fun (*hybrid – Casa Grande*)

February 10, 2026: Connected and In Control: Continuous Glucose Monitor Insights

March 10, 2026: Fueling Your Best Life (*hybrid – Tucson*)

April 14, 2026: The Power of Nature in Diabetes Wellness

May 12, 2026: Fall-Free with Diabetes (*hybrid – Gilbert*)

June 9, 2026: Speak Up: Empowering Your Voice

July 14, 2026: Healthy Eating, Your Way – There's an App for That!

August 11, 2026: Laughter is the Best Medicine

September 8, 2026: Motion is Lotion: Staying Active (*hybrid – Gilbert*)

October 13, 2026: Finding Light in the Dark

November 10, 2026: Yoga for Every Body (*hybrid – Gilbert*)

December 8, 2026: Uncovering Your Motivation

For accommodations for persons with special needs at meetings, please call our Customer Care Center. We are open from 8 a.m. to 8 p.m., seven days a week.

Banner Medicare Advantage Dual HMO D-SNP: 877-874-3930, TTY 711

Banner Medicare Advantage Prime HMO: 844-549-1857, TTY 711