

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/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:

Amber Slade at Amber.Slade@BannerHealth.com or (480) 684-8952.

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.

Participation is free of charge for our members, but registration is required to obtain the link (*e-mail for audio and visual, phone for audio*).

2024 meeting schedule:

January 9	July 9
February 13	August 13
March 12	September 10
April 9	October 8
May 14	November 12
June 11	December 10

Eligibility for Ignite Your Health is not assured and will be determined by Banner Medicare Advantage after enrollment, based on eligibility criteria.

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

Para acomodaciones para personas con necesidades especiales en juntas, servicios de asistencia lingüística o formatos alternativos, por favor llame a nuestro Centro de Atención al Cliente. Estamos abiertos de 8 a.m. a 8 p.m., los siete días de la semana.

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

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

Banner Medicare Advantage Plus PPO: (844) 549-1859, TTY 711

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