

# 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:



[www.BannerHealth.com/MA-Wellness-Programs](http://www.BannerHealth.com/MA-Wellness-Programs)

## 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.

## 2025 Schedule:

**January 14, 2025:** Fitness is Better Together  
*(hybrid - Casa Grande)*

**February 11, 2025:** Food on a Budget

**March 11, 2025:** Living w/Diabetes:  
Victim vs. VICTOR

**April 8, 2025:** One Day at a Time:  
Preventing Diabetes Burnout

**May 13, 2025:** Is Your Diet Healthy  
*(hybrid - Tucson)*

**June 10, 2025:** Ask the Pharmacist

**July 8, 2025:** Take a Seat: Chair Yoga

**August 12, 2025:** Staying Motivated

**September 9, 2025:** Let's Take a Breath:  
Relaxation *(hybrid - Mesa)*

**October 14, 2025 :** Sleep Meditation

**November 11, 2025:** Body Positivity

**December 9, 2025:** The Little Things in Life:  
What Do You Enjoy?

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