



## Member Moments

Member Moments are events to help you learn more about accessing benefits and services from Vaya Health. Each event will cover a specific Vaya Total Care or health/wellness topic and offer an open question and answer session. You will also learn about helpful contacts at Vaya and ways to get involved in stakeholder groups to share your ideas and feedback. These events are created for members, recipients, beneficiaries, families, and caregivers, but are open to the public.

### How can I learn more?

For additional information about Member Moments:

- Call **1-800-893-6246** and ask to speak with a Member Engagement Coordinator
- Send email to [MemberEngagement@vayahealth.com](mailto:MemberEngagement@vayahealth.com)
- Visit us online at [VayaHealth.com](https://VayaHealth.com)

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### Call Vaya's Member and Recipient Service Line at 1-800-962-9003 (TTY: Contact Relay NC at 711):

- For information about services and supports near you
- To request, free of charge, auxiliary aids and services, including this material and other plan information, in large print
- To receive the information in this material in your language, orally or in writing, or access to interpreter services, if English is not your first language

### Featured topic

Celebrate Heart Health Month!  
Join us at the Vaya Health table for wellness resources, free giveaways, and tips to support your health and wellbeing.

### Date and time

Monday, February 16, 2026  
Drop in anytime from  
10:30 a.m. – 12:30 p.m.

### Ways to attend

#### In person:

Watauga County Department of  
Social Services  
32 Poplar Grove Connector, Unit C  
Boone, NC 28607

