



About the program

TidalHealth Seniors is your link to information, services, programs and special events to help you enhance your health. This special program, provided as a service to our community, is for individuals ages 55+ who enjoy living life to the fullest.

The best part about our TidalHealth Seniors program is that it is absolutely free. There are no annual dues or fees.

Disclaimer

While TidalHealth has made every effort to ensure the accuracy of the information contained in this brochure, we are not responsible for any errors or omissions in the material provided or any results obtained from the use of such material. TidalHealth also makes no representations and assumes no responsibility concerning the scope of coverage, handling of claims or any other aspect of the programs described herein.

TidalHealth Seniors receives financial benefit in connection with some of the programs provided to its members. All of these funds are used by TidalHealth Seniors to expand the range of programs offered and/or to defray the cost of existing programs.

TidalHealth Seniors

100 East Carroll Street
Salisbury, MD 21801
410-543-7170
Toll Free: 1-800-955-7762, opt. 4
TTY/TDD: 410-543-7355
tidalhealth.org

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TidalHealth Seniors

Membership Information



tidalhealth.org

A program designed with you in mind

TidalHealth Seniors is for individuals 55+ who care about health, wellness, education and fun.

Benefits & Services

- **Wellness Wave:** You will receive a quarterly newsletter featuring information on TidalHealth Seniors, health information tips, educational seminars, health screenings, special events, group travel opportunities and much more. You do not have to attend meetings to enjoy the healthy benefits of the informative articles in this free publication.
- **Monthly email:** You can choose to receive a monthly email newsletter from TidalHealth Seniors with up-to-date information about health events at TidalHealth.



- **TidalHealth services:** When you become a TidalHealth Seniors member you are eligible to receive or participate in the following benefits:
- **Membership inpatient visitation program**
- **Educational seminars & wellness screenings:** You will learn tips on healthy living, attend seminars and participate in health screenings. You will be able to make informed choices and changes in your lifestyle that will allow you to achieve peace of mind and stay healthy. Discussions with question and answer sessions are encouraged at each event.
- **Social activities & events:** The TidalHealth Seniors program offers several social and recreational events throughout the year (socials, bus trips, yarn circle, etc.). Every attempt is made to keep event costs to a minimum keeping registration fees affordable for members.
- **Other services & programs:** American HomePatient of Delmarva – TidalHealth Seniors members receive 10% off items not billable to their insurance.

TidalHealth Seniors also offers several services at a minimal cost to you. These include:

- **Group travel program:** Members of TidalHealth Seniors have the opportunity to participate in a number of local sightseeing adventures. Those who wish to expand their horizons can also enjoy our national and/or international escorted tours hosted by Collette Vacations.
- **AARP driver safety classes:** AARP driver safety is the nation's first and largest classroom driver improvement course designed for motorists age 55 and older. Students are charged a minimal fee and there are no tests. Most auto insurance companies offer discounts to participants.

Join us today!

What are you waiting for? Join TidalHealth Seniors today and become a part of something wonderful.

Just fill out the application form and return it postage paid. Your free TidalHealth Seniors membership packet will be mailed to you with additional information on our exclusive offerings. If you have any questions, please call 410-543-7170 or 1-800-955-7762 and choose option "4".

