

An impressionistic painting of the Alabama State Capitol building at night. The building is illuminated with warm lights, and its dome is a prominent feature. A path leads towards the building, flanked by greenery and small, glowing lights. The sky is a mix of warm orange and cool blue tones.

# VIVA MEDICARE

## 2025 Calendar

State Capitol, Montgomery, Alabama



VISIT US AT ONE OF OUR

# VIVA HEALTH Cafés

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The VIVA HEALTH Cafés are in Alabama neighborhoods across the state.

Attend a café event, stop by to ask a question, or get help signing up for the member portal, NationsBenefits, home delivery pharmacy, and much more.



## HOOVER

1550-K Montgomery Hwy.  
Birmingham, AL 35216

**205-978-4911**

## MOBILE

3059 Dauphin St.  
Mobile, AL 36606

**251-380-2222**

## MONTGOMERY

8101 Decker Lane, Ste. C  
Montgomery, AL 36117

**334-272-8882**

**Hours:** Monday - Friday, 8am - 5pm

(Closed for lunch, 1pm - 2pm, except for October 1 - December 7.)






# January

**Tannehill Ironworks Historical Park, McCalla, Alabama**

## **Your Annual Wellness Visit Benefit**

Start the new year off right by seeing your Primary Care Provider (PCP) for your Annual Wellness Visit. Your PCP is the provider who manages your care. His or her name and phone number are on your VIVA MEDICARE ID card. Your Annual Wellness Visit is covered by your VIVA MEDICARE plan at no cost to you. Call today to make your appointment.

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			New Years Day VIVA HEALTH offices closed																																													
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	Martin Luther King Jr. Day VIVA HEALTH offices closed	New to VIVA MEDICARE? Join us to learn about your 2025 benefits. Hoover Café: 10am-12pm    Montgomery Café: 10am-12pm    Mobile Café: 10am-12pm																																														
26	27	28	29	30	31	<div>February</div> <table><tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr><tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr><tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr><tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr><tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr><tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td></td></tr></table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
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 Refill your pillbox

# January

Notes + To Dos



# February




Railroad Park, Birmingham, Alabama

## Your Pharmacy Team

VIVA MEDICARE has an entire department focused on your pharmacy benefits. The pharmacy team is made up of pharmacists and pharmacy technicians who are experts on prescription and over-the-counter drugs. If you have questions about your copays, your drug list, or drugs you're taking and would like to talk to someone on the pharmacy team, call Member Services at 833-760-0657. They will take your name and number and a pharmacy team member will call you back.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
 02	03	04	05	06	07	08
Groundhog Day						
 09	10	11	12	13	14	15
		Heart Health Event Hoover Café: 10am-12pm   Montgomery Café: 10am-12pm   Mobile Café: 10am-12pm			Valentine's Day	
 16	17	18	19	20	21	22
	Presidents Day				National Caregivers Day	
 23	24	25	26	27	28	<div>March</div> <div>S M T W T F S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30 31</div>

 Refill your pillbox

# February

## Notes + To Dos



# March



Sunset, Fairhope, Alabama

## Your 24-hour Nurse Line

The 24-hour Nurse Line is a great place to get answers to many basic health questions about illnesses or injuries any time, day or night, 365 days a year. If you have mild symptoms or have questions about a drug you are taking, there's no need to wait or worry.

The 24-hour Nurse Line can help.

Call toll-free: 833-605-1511 | TTY users, call: 711.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	01
 02	03	04	05	06	07	08
 09	10	11	12	13	14	15
Daylight Savings Time Begins						
 16	17	18	19	20	21	22
	St. Patrick's Day					
 23	24	25	26	27	28	29
30	31					

 Refill your pillbox

March

Notes + To Dos

April						
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20	21	22	23	24	25	26
27	28	29	30			



# April


Alabama Point, Orange Beach, Alabama

## Your Gym and Fitness Benefit

As the weather starts to warm up, it's the perfect time to get in the groove of moving your body every day. If you haven't signed up for the Silver&Fit® Healthy Aging and Exercise Program, you're missing out on a great program designed for older adults and people on Medicare. Best of all, membership is included with every VIVA MEDICARE plan.

Visit [SilverandFit.com](https://SilverandFit.com) to search for a gym near you and learn more about Home Fitness Kits and online classes. You can also call Silver&Fit at 1-877-427-4788 (toll-free) | TTY users: 711, Monday - Friday, 7am - 8pm.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	01	02	03	04	05
 06	07	08	09	10	11	12
		Cybersecurity for Seniors <i>Hoover Café: 10am-12pm   Montgomery Café: 10am-12pm   Mobile Café: 10am-12pm</i>				
 13	14	15	16	17	18	19
					Good Friday	
 20	21	22	23	24	25	26
Easter						
 27	28	29	30	01	02	<div>May</div> <div>S M T W T F S</div> <div>1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30 31</div>

 Refill your pillbox

April

Notes + To Dos

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# May

Tennessee River Overlook, Fort Payne, Alabama

## Your Hearing Aid Benefit

May is better hearing month. Hearing loss is common as you age. Diabetes, poor circulation, or living or working around loud noises can make hearing loss even worse. The good news is that hearing loss can be managed through the use of hearing aids, and you have a hearing aid benefit included in your VIVA MEDICARE plan.

Find out more by calling NationsHearing at 877-209-5189 (TTY: 711) or going online to [Viva.NationsBenefits.com](http://Viva.NationsBenefits.com) today.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	01	02	03
 04	05	06	07	08	09	10
 11	12	13	14	15	16	17
Mother's Day						Armed Forces Day
 18	19	20	21	22	23	24
 25	26	27	28	29	30	31
	Memorial Day VIVA HEALTH offices closed					

 Refill your pillbox

May

Notes + To Dos

June						
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29	30					



An impressionistic painting of a park scene. In the foreground, there are large, thick tree trunks and lush green foliage. A path winds through the trees. In the background, several people are visible: a person in a red shirt and white shorts on the left, a person in a dark jacket in the center, and another person in a dark jacket on the right. The overall style is painterly with visible brushstrokes and a warm, dappled light effect.

# June


**Bienville Square and Park, Mobile, Alabama**

## **Your Mail Order Pharmacy Benefit**

If you have Part D prescription drug coverage, you can get most of your prescriptions in 90-day supplies and sign up for free home delivery through our mail-order service. This saves you time and money and ensures you won't run out of your medications.

Call CVS Caremark,  
Monday - Friday, 7am - 9pm and Saturday 8am - Noon  
at 1-866-788-5146. TTY users, call 1-800-231-4403.

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		Member Appreciation Event <i>Hoover Café: 10am-12pm   Montgomery Café: 10am-12pm   Mobile Café: 10am-12pm</i>				Flag Day																																										
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Father's Day				Juneteenth <i>VIVA HEALTH offices closed</i>																																												
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 Refill your pillbox

June

Notes + To Dos



# July




The Saturn V, Huntsville, Alabama

## Your Preventive Care Benefits

VIVA MEDICARE pays for many types of screenings to help you stay healthy and catch diseases early. Talk to your Primary Care Provider to see if you have any screenings due this year.

- ✓ Colonoscopy
- ✓ Diabetes
- ✓ Depression
- ✓ Cholesterol
- ✓ Breast and Cervical Cancer (for women)
- ✓ Prostate (for men)

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 Refill your pillbox

July

Notes + To Dos



# August



The Sunflower Field, Autaugaville, Alabama

## Your Member Portal

The VIVA HEALTH Member Portal lets you see your medical and pharmacy claims, track your spending, see how much allowance money you have left, and much more. The member portal is safe and secure. Sign up for or log into the portal at **VivaMembers.com** today.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 24	25	26	27	28	29	30
31						

 Refill your pillbox

August

Notes + To Dos

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# September


Caney Falls, Bankhead National Forest, Alabama

## Your Free Flu Shot

Now's the time to get your flu shot! The flu virus changes every year, so you need to get a flu shot every flu season. The flu shot not only protects you from getting sick, but it also protects the people around you. The flu shot takes about two weeks to start working in your body, so it's important to get your flu shot early.

**Your flu shot is covered at no cost to you.  
Just go to any network provider or pharmacy.**

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	Labor Day VIVA HEALTH offices closed																																															
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Grandparents' Day				Patriot Day																																												
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 Refill your pillbox

# September

Notes + To Dos





# October


Cheaha State Park, Delta, Alabama

## Your VCare Benefit

VCare is a free wellness program that helps members with chronic conditions, like diabetes or high blood pressure, stay as healthy as possible. Your doctor may refer you to VCare, or you can refer yourself.

Call VCare at 855-MY-VCARE (855-698-2273), Monday - Friday, 8am - 5pm. VCare is available at no cost to you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<div>🩹</div> 05	06	07	08	09	10	11
		Member Appreciation Event & New Benefits Overview Hoover Café: 10am-12pm    Montgomery Café: 10am-12pm    Mobile Café: 10am-12pm			World Mental Health Day	
<div>🩹</div> 12	13	14	15	16	17	18
	Columbus Day					
<div>🩹</div> 19	20	21	22	23	24	25
<div>🩹</div> 26	27	28	29	30	31	<div>November</div> <div>S M T W T F S</div> <div>1</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div>
					Halloween	

 Refill your pillbox

# October

Notes + To Dos





# November


A. A. Miller Dam, Mentone, Alabama

## **Your VIVA MEDICARE team is grateful for you!**

As we celebrate Thanksgiving this month, VIVA MEDICARE wants to send you a special thank you and let you know how grateful we are that you chose us to be your health care partner.

If you have any questions about your benefits, we are right here in Alabama and ready to take your call at 833-760-0657. TTY users, dial 711.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	01
 02	03	04	05	06	07	08
Daylight Savings Time Ends		Election Day				
 09	10	11	12	13	14	15
		Veterans Day				
 16	17	18	19	20	21	22
 23	24	25	26	27	28	29
30				Thanksgiving VIVA HEALTH offices closed	VIVA HEALTH offices closed	

 Refill your pillbox

# November

Notes + To Dos

December						
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21	22	23	24	25	26	27
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# December


Prattville, Alabama

**We look forward to helping you  
live your best life in 2026.**

If your VIVA MEDICARE plan has any copay or benefit changes, you will start seeing them in January. Make sure to get any end-of-the-year prescriptions filled before December 31, 2025.  
**Have a wonderful holiday season and happy New Year!**



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			Christmas Day VIVA HEALTH offices closed																																													
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			New Year's Eve																																													

 Refill your pillbox

# December

## Notes + To Dos





417 20th Street North Ste 1100  
Birmingham, AL 35203

PRSR STD  
US POSTAGE  
PAID  
BIRMINGHAM, AL  
PERMIT NO. 2061



*Enjoy life without the worry!*

VIVA MEDICARE Member Services

**833-760-0657 (toll-free) | TTY: 711**

Hours: Mon - Fri, 8am - 8pm (Oct 1 - Mar 31: 7 days a week, 8am - 8pm)

The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Silver&Fit is a trademark of ASH and used with permission herein. Viva Medicare is an HMO plan with a Medicare contract and a contract with the Alabama Medicaid Agency. Enrollment in Viva Medicare depends on contract renewal. Viva HEALTH complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including sex characteristics, including interstitial intersex traits; pregnancy or related conditions; sexual orientation; gender identity; and sex stereotypes). Viva HEALTH does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-633-1542 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-633-1542 (TTY: 711) H0154\_mcdoc4232A\_M\_09/10/2024