

SecureBlue 1-888-740-6013; TTY 711  
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Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no. Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.



1-888-740-6013, TTY 711  
Civil.Rights.Coord@bluecrossmn.com

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SecureBlue<sup>SM</sup> (HMO SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SecureBlue depends on contract renewal.

SecureBlue Member Services: 1-888-740-6013, TTY 711, 8 a.m. to 8 p.m., seven days a week (except Thanksgiving and Christmas) from October 1 through March 31, and Monday to Friday (except holidays) from April 1 through September 30. This call is free.

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# MUSIC THERAPY

SecureBlue<sup>SM</sup> (HMO SNP)

# Connecting through music

Music has the power to bring about emotion and memories. For older adults, music can be fun and beneficial, especially for people with dementia or Alzheimer's disease.

## MUSIC THERAPY FOR AGING ADULTS

Music therapy is the use of music and sound by a trained therapist to reach goals and enhance quality of life and wellness.

### The benefits of music therapy

Music therapy can help:

- Improve or maintain physical, social, and emotional health
- Increase quality of life and wellness
- Reduce stress and anxiety
- Manage symptoms
- Enhance mood or mental wellbeing



In-person or virtual

**26** MUSIC THERAPY  
SESSIONS PER YEAR

## MEETING NEEDS AT NO ADDITIONAL COST

Music therapy is a supplemental benefit. Up to 26 sessions per year are covered at no additional cost for SecureBlue members who reside in a nursing facility, customized living or foster care. Sessions are offered in person or virtually.

## CONNECT WITH A MUSIC THERAPIST TODAY

Music therapy is based on the member's level of need and starts with a care coordinator's referral. To get started, connect with your care coordinator or call us at **1-888-740-6013**, TTY **711**.

