

HAP IS HERE

with virtual classes to
help older adults thrive.

As Michiganders are spending more time at home, HAP is also helping our adults who are over 60 years old stay active, informed and safe. HAP is partnering with the Michigan Department of Health and Human Services (MDHHS) and the Michigan Endowment Fund to provide access to a social interactive training program called GetSet Up.

GetSetUp is free and offers over 150 online classes that are taught by retired educators. GetSetUp is a safe place to hangout, learn and connect with your peers.

Some of the courses offered include:

- Learn how to use your smart phone, tablet or computer
- Get acquainted with video chat services
- Ordering groceries or household items online
- See how to access telehealth visits
- Get set up on social media
- Get more familiar with health, wellness and exercise

If you or a loved one is interested in growing your skills at home, sign up today.

See how HAP is here for you at home and online.
Visit www.getsetup.io/partner/michigan.

HAP Empowered MI Health Link is a health plan that contracts with both Medicare and Michigan Medicaid to provide benefits of both programs to enrollees.