



EmblemHealth Neighborhood Care

We're here to help you take control of your health — from staying active to understanding your insurance benefits.

With locations across Manhattan, Queens, Brooklyn, and more, EmblemHealth Neighborhood Care offers free health & wellness programs and face-to-face support — right in your neighborhood.

Each EmblemHealth Neighborhood Care is tailored to the unique needs of its surrounding community, with different programs and classes across locations. But, no matter what Neighborhood Care you visit, you'll always find:

- In-person customer service.
- Free health & wellness classes.
- Resources for managing your and your family's health.
- Ability to connect with EmblemHealth sales representatives and learn more about your health plan.

Getting Healthy Together

Here are just a few examples of the classes you'll find at Neighborhood Care.

- **Fitness:** Zumba, Kickboxing, Yoga, Tai Chi
- **Stress Management:** Meditation, Massage
- **Personal Health and Wellness:** Nutrition Workshops, Diabetes Self-Management, Support Groups

Ready to get started? Stop by one of our locations or go to emblemhealth.com/about/neighborhood-care for our events calendar.

Open to Everyone

Neighborhood Care is not just for EmblemHealth members — we're a resource for the entire community. Members and non-members can participate in our free programs and classes, take advantage of our onsite health and wellness resources, and meet with our team.

As a member, we can help you make the most of your benefits by helping you understand your plan, find a doctor, and solve claims or billing issues.

WHERE WE ARE

QUEENS

Cambria Heights
Flushing

BROOKLYN

Bensonhurst
Brooklyn Heights
Crown Heights
East New York

MANHATTAN

Chinatown
Duane Street
Harlem

STATEN ISLAND

Annadale
Clove Road
Richmond Avenue