

Humana is a Medicare Advantage HMO and PPO organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits may change each year.

This telemedicine service may not be available with all Humana health plans. Limitations on healthcare and prescription services delivered via telemedicine and communications options vary by state. Telemedicine is not a substitute for emergency care and not intended to replace your primary care provider or other providers in your network. This material is provided for informational use only and should not be construed as medical advice or used in place of consulting a licensed medical professional.

Discrimination is against the law

Humana Inc. and its subsidiaries (“Humana”) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Please call our Customer Care number on the back of your Humana member ID card.

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Póngase en contacto con nuestro Departamento de Atención al Cliente llamando al número que aparece al dorso de su tarjeta de identificación de afiliado de Humana.

繁體中文 (Chinese): 注意: 如果您使用繁體中文, 請致電 Humana 會員卡背面的電話號碼與客戶服務部聯絡。

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Health and wellness

Extras that can help make healthy living easier

Health and wellness benefits

Humana®

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THE HIVE - CREATIVE SERVICES
JOB: 77244_GNHJ9NFEN_Broch_8.5x11_4C
DATE: 08/14/2017
JOB ID: 77244

CLIENT: Anne Pincus
LOB: Group Medicare

FILE ISSUE AND COLOR APPROVAL CONTACT:
ProdMgr/Kelli Schreiber
Email: thehive@humana.com

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SIZE: 11 X 8.5
BLEED: YES

MAIL 10 PRINTED SAMPLES TO:
THE HIVE/TRAFFIC
123 E. MAIN STREET, STE 2E
LOUISVILLE, KY 40202



Your Humana Medicare Advantage plan can help you improve your overall well-being with extra health and wellness benefits. Great things are ahead of you when your health is ready for them, and we want to help you be ready!

Fun fitness programs, tools to help you with caregiving needs, health coaching and more are available at no additional cost to you as part of your Humana plan.

HumanaFirst® Nurse Advice Line

- When a health issue comes up, and you aren't sure what to do
- Staffed by nurses who help answer questions and offer support for your health concerns
- This service is not for use in an emergency. If you have a medical emergency, go to the emergency room or dial 911

1-800-622-9529 (TTY: 711), 24 hours a day, seven days a week

Humana Points of Care®

Tools and resources for members and their caregivers

- Create your own online care circle of friends and family
- Get caregiving support, with tips for day-to-day care and long-term planning
- Create an emergency medical care plan with MyDirectives

HumanaPointsofCare.com

SilverSneakers® Fitness program

- Gives you access to exercise equipment, group classes and social events
- Use of 13,000+ fitness locations nationwide
- Go outside with SilverSneakers FLEX® – try tai chi, yoga, walking groups and more at local parks and recreation centers, where available

www.SilverSneakers.com or call **1-888-423-4632 (TTY: 711)**, Monday – Friday, 8 a.m. – 8 p.m., Eastern time.

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Personal health coaching

You can work towards making positive changes in your health by teaming up with a personal health coach. You'll work together—as a team—to address many aspects of your health, like:

- Managing your weight
- Eating healthier
- Exercising
- Quitting tobacco
- Improving your overall well-being

1-877-567-6450 (TTY: 711), Monday – Friday, 8 a.m. – 6 p.m., Eastern time

Humana Well Dine® meal program

After you have an inpatient stay in a hospital or nursing facility, you may be eligible for 10 healthy, precooked frozen meals delivered to your door.

1-866-96MEALS (1-866-966-3257) (TTY: 711), Monday – Friday, 8 a.m. – 9 p.m., and Saturday, 9 a.m. – 5 p.m., Eastern time

MDLIVE®

Humana's telemedicine benefit, delivered by MDLIVE, allows you to visit anytime with a doctor from your home or on the go. Our network of U.S. board-certified doctors is available 24 hours a day, seven days a week by phone or video (where available) to assist with non-emergency medical care. Limitations on healthcare and prescription services delivered via telemedicine vary by state.

MDLIVE.com/yourbenefit 1-888-673-1992 (TTY: 711)

24 hours a day, seven days a week

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