

Humana is a Medicare Advantage HMO and PPO organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

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, sex, sexual orientation, gender identity, or religion.

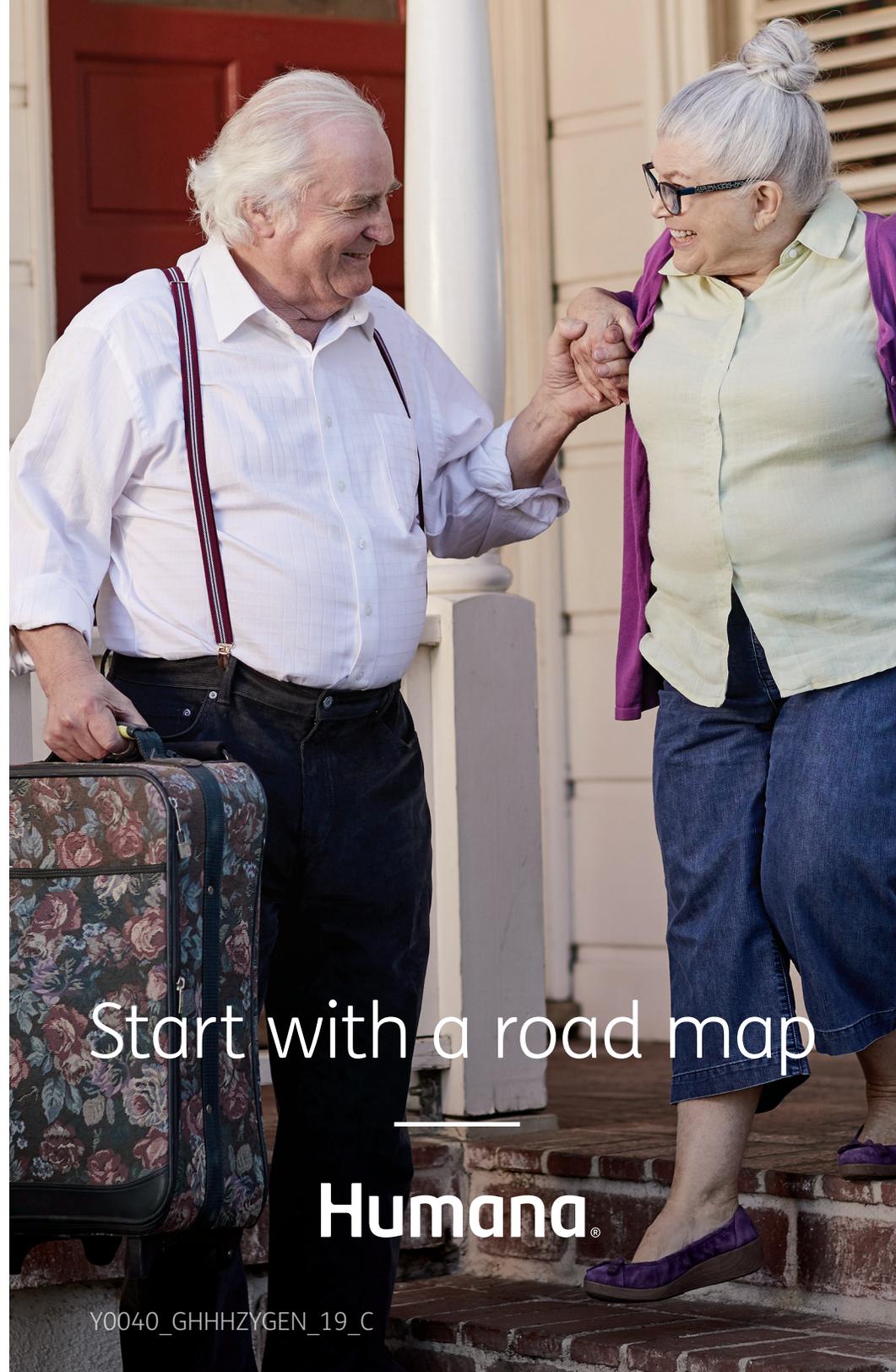
English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Please call our Customer Care number on the back of your Humana member ID card.

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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Start with a road map

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Start with a road map

Working with your doctor to help make sure you get the preventive care you need is a good first step to healthy living

Great things are ahead of you when your health is ready for them

You may not know where to start, whether it's with adding some movement into your day, eating more vegetables or getting a better night's sleep.

Your Annual Wellness Visit and talking with your doctor or medical provider is a great first step. He or she can help give you a road map of what you need to do. Talk with your provider about what preventive screenings you need and how often you need them.

The screenings, vaccines and therapies listed are commonly suggested for people 65 or older and are generally covered by your plan at 100 percent.*

*There may be limitations on how many services can be covered within recommended time frames.

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Find out more

Call our Customer Care team toll-free at the number on the back of your Humana member ID card.

- Nutrition therapy
- Smoking cessation
- Abdominal aortic aneurysm screening
- Cardiovascular testing
- Cardiovascular disease behavioral therapy
- Diabetes self-management training
- Lung cancer screening
- HIV testing
- Kidney disease education
- Welcome to Medicare preventive visit
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening
- Screening for a sexually transmitted infection (STI)
- Physical exam and health guidance – includes weight, height and body mass index (BMI)
- Colorectal cancer screening
- Glaucoma screening
- Annual Wellness Visit
- Bone mass measurement for osteoporosis screening
- Diabetic screening
- Immunizations
- Mammogram
- Pap test and pelvic exam
- Prostate cancer screening
- Hepatitis C screening
- Medicare diabetes prevention program (MDPP)

Additional preventive services approved by Medicare during the contract year will be covered.