

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

Humana's Virtual Visits benefit is available to members of some Humana Medicare Advantage HMO and PPO plans. Limitations on healthcare and prescription services delivered via remote access technology and communications options vary by state. Remote access technology services are 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, sex, sexual orientation, gender identity, or religion.

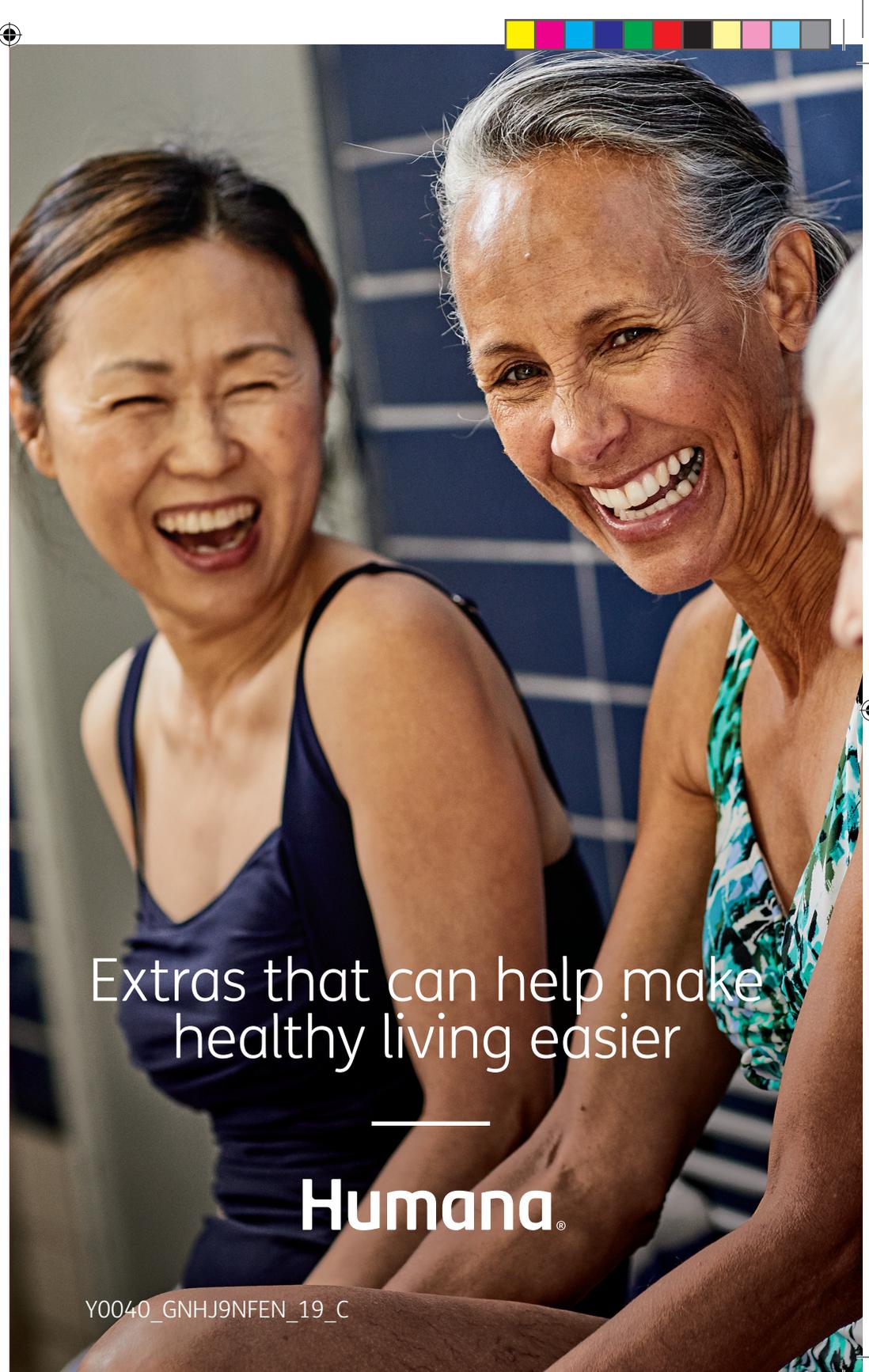
**English: ATTENTION:** If you do not speak English, language assistance services, free of charge, are available to you. Please call our Customer Care number on the back of your Humana member ID card.

**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。

# Humana®

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## Extras that can help make healthy living easier

# Humana®

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FILE PREPARED BY HUMANA'S INTERNAL CREATIVE SERVICES | FINAL PRINT READY PDF FOR JOB: 281081\_2019 EXTRA BENEFITS FLYER UPDATES

**THE HIVE - CREATIVE SERVICES**  
**JOB: 281081\_2019 EXTRA BENEFITS FLYER UPDATES**  
DATE: 04/29/2019  
JOB ID: 281081\_GNHJ9NFEN\_BRO\_11X8  
D.B.

CLIENT: Elizabeth Stamper  
LOB: Group Medicare  
FILE ISSUE AND COLOR APPROVAL CONTACT:  
**EMAIL:** Kelli Schreiber:  
kschreiber1@humana.com or  
Peggy Key: mkey1@humana.com  
COLOR: 4C PROCESS  
SIZE: 5.5 X 8.5  
TRIM: 11 X 8.5  
BLEED: Yes  
PRINTER: EPM  
CONTACT: NAME

Color Proof Sign-off required

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

THE HIVE IS RESPONSIBLE FOR ALL COLOR APPROVALS-PLEASE CONTACT TRAFFIC, YOUR ACCT. EXECUTIVE OR PROD MGR

52/00/96/00 66/09/100/43 08/100/09/20 00/00/00/23 00/00/00/90 100/57/10/57 56/100/00/29 98/25/40/09 58/07/23/00 00/16/94/00 00/80/37/00



## Extras that can help make healthy living easier

Health and wellness benefits

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.

## SilverSneakers® fitness program

- Gives you access to exercise equipment, group classes and social events
- Use of 14,000+ 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.

## 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., Eastern time.

## Virtual visits – medical

Humana's medical virtual visits benefit, allows you to visit anytime with a doctor or practitioner from your home or on the go via phone and/or video for nonemergency medical conditions (i.e., cold, flu, sinus infections, headaches, rashes, nausea, etc.).

**MDLIVE.com/yourbenefit** or call **1-888-673-1992 (TTY: 711)**, 24 hours a day, seven days a week.

## Virtual visits – mental and behavioral health

Humana also offers access to doctors and other mental health professionals via phone and/or video technology for diagnosis and treatment of certain nonemergency mental or behavioral health issues (i.e. depression, stress, anxiety, etc.). As with medical virtual visits, a virtual mental or behavioral health appointment is not intended to replace a member's current psychiatric doctor or mental health professional; however, a virtual visit can allow a member to access care when the member is unable to meet with a doctor or mental health professional in person. Virtual visits are not appropriate for emergent or crisis situations; in such cases, the member should call 911 or go to the nearest emergency room.

Consult notes from each virtual mental or behavioral health visit can be sent to the member's primary care physician at the member's request and prescriptions, if required, may be sent to the member's pharmacy of choice electronically.