



Helpful resources

MyHumana – 24/7 plan access

MyHumana is your personal, secure web account. Use it to help keep track of all your health information – all in one place.

- Check your claims
- Track spending and budget for medical care
- Find in-network doctors
- Learn about programs and services just for members
- Name someone you trust to help manage your healthcare
- Find more ways to make your healthcare dollars go further

Access to your Humana Member Summary

Humana makes your electronic healthcare history available to authorized healthcare providers. This combined health record enables your doctors to view your medical, laboratory and radiology claims and test results in one place.

Authorized providers include, but are not limited to:

- Primary care doctors
- Medical specialists
- Hospitals and urgent care centers
- Emergency medical service (EMS) providers

If you do not want to participate in this information sharing program, please log in to MyHumana and change your communication preferences. Or call the automated response line at **1-800-733-9203**, 24 hours a day, seven days a week. TTY users call **1-800-833-3301**. Our hours are Monday – Friday, 8 a.m. – 8 p.m., and Saturday, 8 a.m. – 3 p.m., Eastern time.

Humana is a Medicare Advantage HMO, PPO and PFFS plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. This information is not a complete description of benefits. For more information contact the plan. Limitations, copayments and restrictions may apply. Benefits may change on January 1 of each year.

This information is available for free in other languages. Please call Customer Care at the number on the back of your Humana member ID card.

Esta información está disponible gratuitamente en otros idiomas. Comuníquese con el Departamento de Atención al Cliente llamando al número en el dorso de su tarjeta de identificación de afiliado de Humana.

本資訊也有其他語言的免費版本可供選擇。請致電 Humana 會員卡背面的電話號碼與客戶服務部聯絡。



2016 Medicare Member
toolkit

Maximize your health and your health plan
.....

Earn rewards for preventive health screenings
.....

Rally your healthcare team for optimal care
.....

Find services and support to help you reach your goals

It's all inside!



We're here to help

Whether you're new to Medicare or you've reached pro status, there are things you should do to help you achieve maximum health and longevity throughout your healthcare journey.

The booklets in this kit are designed for easy access to important information that will help you accomplish your health goals. Keep them handy for quick and easy reference any time you need them.

Think of Humana as a partner in your care, helping you along the way with the tools and resources to help you stay at your best.

Your wellness and screenings checklist

Ask your doctor about these screenings and services to see if they're right for you.

Screening, shot or action		How often
<input type="checkbox"/> Welcome to Medicare visit	HV	A special visit if you're new to Medicare
<input type="checkbox"/> Annual wellness visit	HV	Once a year
<input type="checkbox"/> Flu Shot	HV	Annually starting as early as July 1st
<input type="checkbox"/> Pneumonia shot	HV	Usually once in a lifetime; ask your doctor
<input type="checkbox"/> Mammogram	HV	Every year
<input type="checkbox"/> Cardiovascular Disease Screening: Cholesterol screenings for HDL, LDL and triglycerides	HV	Check with your doctor
<input type="checkbox"/> Colonoscopy	HV	Every 10 years
<input type="checkbox"/> Fecal occult blood test (FOBT)		Every year
Diabetes screenings		
<input type="checkbox"/> Fasting plasma glucose test	HV	Once a year; ask your doctor
<input type="checkbox"/> Hemoglobin A1C & LDL	HV	Ask your doctor
<input type="checkbox"/> Dilated retinal eye exam		Once a year
<input type="checkbox"/> Microalbumin urine test		Once a year
<input type="checkbox"/> Foot exam		Every doctor visit
Discuss with your doctor:		
<input type="checkbox"/> Maintaining or improving your level of physical activity		At each doctor appointment
<input type="checkbox"/> How you are feeling emotionally		At each doctor appointment
<input type="checkbox"/> Listing and discussing all prescription medications		At each doctor appointment
<input type="checkbox"/> Bladder control concerns		At each doctor appointment
<input type="checkbox"/> If you could be at risk of falling		At each doctor appointment

Screenings with HumanaVitality, **HV**, can help you earn Vitality Bucks. Visit [HumanaVitality.com](https://www.humanavitality.com) for more information and to participate.

Important Humana contacts

Check to see if these are included in your plan.

HumanaVitality
HumanaVitality.com

Health Coaching
1-855-852-9451 (TTY: 711)

SilverSneakers Fitness
SilverSneakers.com
or **1-877-871-6996 (TTY: 711)**

QuitNet
Quitnet.com/Humana
or **1-888-572-4074 (TTY: 711)**

HumanaFirst Nurse
Advice Line
1-800-622-9529 (TTY: 711)

Member Assistance
Program (MAP)
1-800-767-6171 (TTY: 711)

MyHumana
Humana.com/Registration

Humana Customer Care
1-800-457-4708 (TTY: 711)