

# Take advantage of services and resources

that can help you  
achieve & maintain  
good health



**Humana**<sup>®</sup>

## Support for your goals

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As one of your healthcare partners, Humana meets you wherever you are on your healthcare journey. Whatever your health goals, there's no need to go it alone – we have the help and support you need.



## Move more and get healthier

Staying active may help you feel better and have more energy. So find something that moves you. Talk with your doctor about how you can get and stay active.

## See if SilverSneakers is included in your health plan

Find out how to get started by visiting **SilverSneakers.com** or call **1-877-871-6996 (TTY: 711)**

Monday - Friday,  
8 a.m. - 8 p.m. Have  
your Humana ID card  
with you.

Here's an idea: Attend **SilverSneakers® Fitness** classes at a local health club or rec center. You can have fun and meet new friends while you get healthier – whatever your fitness level and ability. At-home workout kits are also available. Remember to take your Humana ID card with you.



## Do you smoke and need help quitting?

Talk to your doctor.

**QuitNet®** can help you kick the smoking habit for good. Call QuitNet at **1-888-572-4074**

**(TTY: 711)** Monday - Friday, 8 a.m. - midnight and Saturday, 9 a.m. - 5 p.m. Eastern time.

SilverSneakers and QuitNet are not available on all plans. Check your Evidence of Coverage or call the number on the back of your Humana member ID card.

## Be a quitter

According to the American Cancer Society, smoking can be hard on your heart, may raise your blood pressure and might increase your risk of cancer and other illnesses.

So why do people still light up? Because quitting can be hard and most people need some help to stop smoking.



To learn more,  
visit [Humana.com/  
AtHome](https://www.humana.com/AtHome)

If you have certain health needs, Humana At Home<sup>®</sup> care management services can help you access some of the plan benefits you qualify for like transportation, meals and information about your health. They can help you feel better - and safer - in your home.

## There's no place like home

Home is where you're most comfortable, but it can be hard to arrange for all of the services and support you need.



## Stock your medicine chest for less

If you have an Over-the-Counter (OTC) allowance, you can save on items like vitamins, pain relievers, cough and cold medicines, first-aid supplies and more. The Over-the-Counter allowance is available only through mail-order at Humana Pharmacy.

Sign in to **HumanaPharmacy.com** to see your plan's monthly allowance and order OTC products, or download the catalog and order form. To request an OTC catalog and order form by mail, return the enclosed reply card.



## More ways to save

Take advantage of our money-saving special discounts\* on:



Vision services and eyewear from EyeMed



Discounts on hearing aids and batteries



Dental services from an in-network dentist or specialist (doesn't replace other dental coverage)



Prescriptions not covered under your plan

\*Please check to see what's included in your plan.



Complementary and alternative medicine such as chiropractic, acupuncture and massage services



Nutrisystem® auto-delivery programs



Lifeline® medical alert and falls-detection service



Lifecard® online health information manager

For more information, visit **Humana.com** or call the Customer Care number on the back of your Humana member ID card.

The products and services described herein are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the Humana grievance process.

Humana is a Medicare Advantage HMO, PPO and PFFS organization 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, premium and member cost-share may change each year.

Prescription drug orders are typically received 7-10 calendar days after the pharmacy receives the initial order. For questions about your order, go to [HumanaPharmacy.com](http://HumanaPharmacy.com) or call Humana Pharmacy® at 1-800-379-0092 (TTY:711), Monday - Friday, 8 a.m. - 11 p.m., and Saturday, 8 a.m. - 6 p.m., Eastern time. Other pharmacies are available in our network. The pharmacy network, and/or provider network may change at any time. You will receive notice when necessary.

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。

**Humana**®

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