

Humana Offers Improved Outcomes and Wellness for East Valley Seniors

Humana Inc. is one of the nation's leading health and well-being companies.

Humana has been offering members access to quality, affordable health care products in the East Valley since 1984.

"As our population ages, Humana understands that we need to provide products and services that meet the needs of Medicare beneficiaries while also encouraging lifelong well-being," said Mike Franks, Desert Pacific Region President for Humana's Senior Products.

Medicare Advantage (MA) gives beneficiaries the opportunity to select private health plans to provide their Medicare coverage. With more than 2.4 million MA members, Humana is one of the country's largest administrators of Medicare Advantage.

In addition to providing medical benefits, Humana MA offers additional services to its members, such as chronic condition management; 24-hour on-call nurses; a gym membership through Silver Sneakers; and follow-up phone calls, in-home visits and meal delivery after a hospital stay.

Humana MA members also have access to HumanaVitality, the company's wellness rewards program. With the HumanaVitality program, seniors earn Vitality Bucks for engaging in health and wellness activities, such as obtaining

preventive screenings, exercising, donating blood, getting CPR-certified, and quitting smoking. Vitality Bucks can be spent online to purchase items such as pedometers, movie tickets, hotel stays and gift cards.

"Humana knows that the key to health is overall well-being and that's what the HumanaVitality program tries to focus on," said Franks.

For East Valley residents, Humana offers the Humana Guidance Center, which is open to anyone in the community. The Guidance Center provides fun, free activities, such as healthy cooking demos, movie screenings, craft groups and more.

"A lot of seniors come to the Guidance Center to take classes or to just hang out. It's a good way to stay social and to meet friends, all of which contributes to overall well-being," Franks explained.

The Humana Guidance Center is open Monday through Friday from 9 a.m. to 5 p.m., and is located on the southwest corner of Recker and McKellips roads. For a full schedule of events, call 480-325-4707.

With all these great offerings for its MA members, it's no wonder that Humana has been able to demonstrate success through improved health outcomes for its members, resulting in higher member satisfaction.

To learn more about the Humana Medicare Advantage program, visit Humana.com or call 480-515-6500.



The Humana Charity Crafters meet twice a month at the Humana Guidance Center in Mesa to knit caps for cancer patients. The Guidance Center offers a variety of activities for East Valley residents.



Humana Reader's Digest Healthy Living Plan® (HMO) stretches your healthcare dollar to give you the benefits you want, at a price that's easy on your wallet. Some plan benefits include:



- Medical and prescription drug coverage, all in one plan
- Convenient mail-order delivery of prescriptions
- Maximum annual out-of-pocket protection
- Preventive coverage
- 24-hour nurse advice line
- Wellness program
- Emergency coverage at home and when you travel

If you're Turning 65, new to Medicare or qualify for a Special Election Period, call Humana today:

1-800-528-3866 (TTY: 711)

8 a.m.-8 p.m., Monday-Friday

Humana.

Humana is a Medicare Advantage organization with a Medicare contract. You must continue to pay your Medicare Part B premium. The benefit information provided is a brief summary, not a complete description of benefits. Limitations, copayments, and restrictions may apply. For more information, contact the plan. Benefits, formulary, pharmacy network, premium and/or copay may change on January 1 of each year. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-800-528-3866 (TTY: 711), 8 a.m. to 8 p.m., Monday-Friday. Applicable to Humana Reader's Digest Healthy Living Plan® (HMO) plans H0307-009, 011.

Y0040_GHHHFLMHH Accepted