



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.

Humana Points of Care

- Tools and resources for members and their caregivers
- Create your own online Care Circle of friends and family
- Get caregiving support, with tips for day-to-day care and long-term planning
- Create an emergency medical care plan with MyDirectives

HumanaPointsofCare.com

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.