

HumanaHealth[®] Resources

At Humana, we believe that smart consumers need to know more to get more. So, we're here to be your partner no matter where you are in your health journey. Whether you're healthy and just want to stay that way, looking to improve your current health status, or suffering from an illness or injury, Humana's Health Resources can help you get the information you need to use your health benefits with confidence.

Resources for everyone

MyHumana on Humana.com

Check out MyHumana, your password-protected personal page on **Humana.com**, for resources and information to help you improve your overall health. You'll also find shop-and-compare tools to help you choose hospitals and doctors, as well as health encyclopedias and practical information about health conditions, prescription drugs, and other health issues. The site also has video and audio health libraries, discounts, and coupons for health-related programs. You can also take a health assessment, a first step towards improving your health.

Wellness

Humana's Wellness Program provides education, support, and tools to help members live healthier lives.

Health Assessment

This confidential, personalized quiz will help you discover your overall health status, recommend possible areas for improvement, and suggest positive changes to help you stay on the path to good health. Find the Humana Health Assessment on MyHumana in the Health Resources menu.

Preventive Reminders

You may receive messages by phone, mail, or e-mail on topics such as mammograms, immunizations, and more.

Health Coaching

Certified health coaches are available to speak with you on a wide variety of topics – such as weight management or smoking cessation – to provide motivation, help you develop a plan for change, and support your efforts to live a healthier life. For more details, see the wellness section under MyHumana in the Health Resources menu.

RightSourceRx

RightSourceRx – a prescription home delivery service – gives members convenience, savings, guidance, and excellent Customer Service. RightSourceRx is a fast and easy alternative to retail pharmacies. Depending on your location and benefits, you may be able to use RightSourceRx. Find out more at **Humana.com/RightSourceRx**.

e-PlanProfessorSM

Humana's monthly e-mail newsletter, e-PlanProfessor, provides easy-to-read articles about health, wellness, and getting the most from your healthcare coverage.

Employee Assistance Program (EAP)

When personal matters make you feel overwhelmed, you can turn to specialists to help with finding childcare or elder care, getting a legal consultation or financial advice, help with depression, and much more.

HUMANA[®]
Guidance when you need it most

Resources to address specific health situations

HumanaFirst®

HumanaFirst Nurse Advice Line is your toll-free, 24-hour health information, guidance, and support line. Get information about your medical condition and find out how Humana's clinical programs can help. Or talk with a nurse about an immediate health concern.

HumanaBeginnings®

Registered nurses offer education and support to mothers throughout pregnancy and the baby's first months.

Case Management

Nurses provide assistance for those facing a crisis or major medical procedure – includes support for parents during neonatal intensive care.

Transplant Management

This specialized team helps transplant recipients coordinate benefits, facilitate services, and follow their treatment plans.

Maximize Your Benefit

The *Maximize Your Benefit* program offers guidance in helping you control the rising costs of prescription drugs with information about generics, lower cost alternatives and prescription home delivery service.

Resources to address chronic illness and longer-term health

Personal Nurse®

Registered nurses assist those who are following treatment plans or who need continued guidance in reaching their longer-term health goals.

Disease Management

Disease management programs help improve a member's experience with a chronic condition – including asthma, cancer, congestive heart failure, coronary artery disease, diabetes, chronic kidney disease, end-stage renal disease, cystic fibrosis, multiple sclerosis, Parkinson's disease, and 10 other conditions.

How can you get the most from Health Resources?

- **Keep your contact information current.** Contact your company's human resources department when your address or telephone number changes. Having accurate contact information helps us reach you at the right time to address your needs.



Humana Plans are offered by the Family of Insurance and Health Plan Companies including Humana Medical Plan, Inc., Humana Employers Health Plan of Georgia, Inc., Humana Health Plan, Inc., Humana Health Benefit Plan of Louisiana, Inc., Humana Health Plan of Ohio, Inc., Humana Health Plans of Puerto Rico, Inc. License # 00235-0008, Humana Wisconsin Health Organization Insurance Corporation, or Humana Health Plan of Texas, Inc. – A Health Maintenance Organization or insured by Humana Health Insurance Company of Florida, Inc., Humana Health Plan, Inc., Humana Health Benefit Plan of Louisiana, Inc., Humana Insurance Company, Humana Insurance Company of Kentucky, Emphesys Insurance Company, or Humana Insurance of Puerto Rico, Inc. License # 00187-0009 or administered by Humana Insurance Company

For Arizona Residents: Offered by Humana Health Plan, Inc. or insured by Emphesys Insurance Company or insured or administered by Humana Insurance Company
Please refer to your Benefit Plan Document (Certificate of Coverage/Insurance or Summary Plan Description) for more information on the company providing your benefits.

Our health benefit plans have limitations and exclusions.