

I choose to be healthy



Making deliberate choices

When you do enough small things, big results follow. Each small choice you make – avoiding the dessert table, taking that walk every day – is another step toward better health.

You have the power to affect your long-term health with many small but deliberate choices. So say “no” to heart disease, diabetes, cancer, and other chronic conditions, and say “yes” to wellness.

Humana can help

Saying “yes” to good health takes effort and information. Humana provides members with:

1. **Help getting started** – Take the health assessment – a confidential lifestyle questionnaire – to see where your health is now and identify opportunities to improve it. Register or log in to *MyHumana*, your password-protected, personal page on **Humana.com**, and click on “Health & Wellness” to find the assessment.
2. **Health coaching** – With phone-based health coaching, you get a specially trained expert to help you with your personalized plan to address weight management, exercise, smoking cessation, nutrition, stress, or back care. Find out more under “Wellness” in the Health & Wellness section on *MyHumana*.
3. **Wellness messages** – Humana encourages preventive healthcare and often sends e-mail reminders for routine screening tests, immunizations, and other preventive care services.
4. **Wellness information** – On *MyHumana*, information you can trust is available around the clock. Just click on “Health & Wellness” for:
 - [Health Centers](#) with links to information for men, women, seniors, and children
 - [Condition Centers](#) for asthma and allergies, diabetes management, bone and joint health, and much more
 - [Health Programs including the HumanaFirst® nurse advice line and audio library](#) of health and wellness topics
 - [A Savings Center](#) with discounts and coupons for health-related retail products and services

To access these materials, register at **Humana.com** and explore *MyHumana*.

Long-term wellness doesn't happen automatically. It requires commitment and belief in yourself.

What you can do:

- **Visit *MyHumana*** and use all its tools and resources, including multimedia health information
- **Take the Humana Health Assessment** and get your personalized report
- **Enlist the help of a health coach** to reach your health goals
- **Update your personal contact information** on *MyHumana* so we can send useful information and reminders
- **Act on the valuable tips and information** provided and live healthier every day

Start today. Commit to making educated decisions about your well-being. Choose to be healthy – and let Humana help!

HUMANA
Guidance when you need it most