

Want to create a healthier lifestyle?

Humana Health Coaching

Support and guidance from a professional

You don't have to do it alone. The health coaching program offered by Humana can help! Available to all Group Medicare members, our coaching program provides guidance to help you develop a plan of action that supports your health and well-being goals.



What does a health coach do?

- Works with you to create a personal vision for your health and well-being
- Brings clarity to your goals and priorities
- Helps you find your hidden motivation
- Provides accountability and support



What areas can a health coach help you with?

- Weight management
- Healthy eating
- Physical activity
- Blood pressure
- Cholesterol
- Back care
- Managing stress
- Quitting tobacco
- Blood sugar

Trying to quit tobacco?

Your coach will work with you to create a quit plan personalized to you. A good quit plan along with the support of nicotine replacement therapy such as nicotine patches, gum and lozenges may increase the chance for success. Your Humana plan provides health coaching and up to three, one-month supplies of nicotine replacement therapy at no cost to you.

Ready to get started on your path to a healthier lifestyle?

Call us today at **877-567-6450 (TTY: 711)**, 8 a.m. – 6 p.m., Eastern time

Wellness coaches do not provide medical advice and should not be used in place of consulting a medical professional. Please consult your doctor before starting a new diet or exercise routine.

Health coaching is a rewardable activity under the Social/Educational category when submitted on the Activity Form in the 'other educational activities' line.

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618. If you need help filing a grievance, call the number on your ID card or if you use a TTY, call 711.

Auxiliary aids and services, free of charge, are available to you. Please call the number on your ID card. If you use a TTY, call 711.

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

This information is available for free in other languages. Please call the number on your ID card. If you use a TTY, call 711.

Español (Spanish): Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación **(TTY: 711)**.

Chinese (Chinese): 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電會員卡上的電話號碼 **(TTY: 711)**。

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