

Health and Well-being Assessment may help Humana members achieve their best health

What is the assessment?

Humana's Health and Well-being Assessment is another way to get a detailed health review in your home. Humana makes it easy to have an extra set of eyes and ears for your doctor so you can get the care you need and receive helpful resources.

Why should I do this?

This visit is a once-a-year, whole-health review designed to complement the care you receive from your doctor. It includes:

- Up to an hour of dedicated and personalized time focused solely on you and your health
- An opportunity to talk about your health goals and ways to achieve or maintain those goals now and into the future
- The assessment will be completed in the comfort of your own home, or a virtual option may be available
- Shared results upon completion of the visit—both you and your doctor will receive a copy of your results

What is involved?



Screenings: Review of recommended screenings based on your age and health status.



Education: Relevant information on health conditions, medicines and preventive care.



Medication management: Details about the meds you take, such as benefits and side effects, as well as answers to your questions or suggestions about how to take your meds.



In addition, based on the results of your assessment, Humana may suggest resources that can help improve your life, such as regular calls from a nurse or behavioral health services.



You will receive a call from one of our trusted partners at Signify Health or Matrix Medical Network when it's time to schedule a visit.



Who does the assessment?

A licensed medical professional who may be a nurse practitioner, physician assistant or doctor will complete your assessment. Your licensed medical professional will not order or perform tests or procedures or prescribe medications.

What happens after the assessment?

You will receive a brief report that will highlight suggested topics to discuss with your doctor at your next visit, and recommended exams and screenings. Humana will also mail a more detailed summary to your doctor.



This assessment is a yearly service available for Humana Medicare Advantage plan members at no additional cost.

And the Health and Well-being Assessment does not replace your Annual Wellness Visit or other visits to your regular doctor. This is simply a way to support the care you're already receiving—in the privacy of your home at no additional cost to you.

Humana

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, **877-320-1235 (TTY: 711)**.

Auxiliary aids and services, free of charge, are available to you.

877-320-1235 (TTY: 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 our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m. Eastern time.

Español (Spanish): Llame al número indicado para recibir servicios gratuitos de asistencia lingüística.

877-320-1235 (TTY: 711). Horas de operación: 8 a.m. a 8 p.m. hora del este.

繁體中文 (Chinese): 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：711)**。
辦公時間：東部時間上午 8 時至晚上 8 時。