

USE YOUR BENEFITS WISELY WITH HELP FROM HUMANA



We are committed to offering you comprehensive and competitive benefits that allow you and your family to live well. At the same time, we ask that you make informed health care decisions. Humana offers a variety of tools, resources and programs to help you get affordable, quality care for you and your loved ones.

TELEMEDICINE

See a U.S. board-certified doctor 24/7/365 with telemedicine, powered by Doctor on Demand. So, whether you're at home, at work or on vacation, and you can't see your doctor, a board-certified doctor will treat you by phone or online video chat for minor, non-emergency conditions like cold, sore throat and flu symptoms; upper respiratory infections; allergies and sinus infections; ear and eye problems; and skin conditions. The doctor can even prescribe medications, if appropriate, and send them to a preferred pharmacy.

To access telemedicine, visit **www.doctorondemand.com/humana** or download the Doctor on Demand mobile app, available on the App Store or Google Play.

HUMANAFIRST® NURSE ADVICE LINE

Receive free, confidential health care advice 24/7 from a registered nurse (RN) by calling 800-622-9529. Whether you have an immediate health concern or questions about a particular medical condition, Humana's RNs can help you determine the best place to receive care.

PHYSICIAN FINDER PLUS®

Humana has developed a network of doctors, hospitals, labs and other health care providers who have agreed to provide health care services to our members at negotiated rates. This means you'll generally pay less out of pocket when you use an in-network provider.

Physician Finder Plus provides the names, addresses and phone numbers of in-network providers near you. Simply visit **www.humana.com** and click on "Search" under the "Find a doctor or pharmacy" section. Enter your zip code and plan name, **[PLAN NAME]**, to narrow your search.

MYHUMANA MOBILE APP

Get your benefits on the go with the MyHumana mobile app. You'll be able to:

- View your plan information, including deductibles and balances
- Access your ID card and share it with your provider via fax
- See the status of your claims
- Locate in-network providers in your area

You can download the app via the Apple App Store or Google Play.

GO365™

Humana's wellness and rewards program offers personalized solutions to help you achieve your wellness goals. You, your spouse and your kids can receive points for completing certain healthy activities (e.g., completing a health assessment, participating in health coaching, getting routine screenings) and competing in challenges. The more points you earn, the higher status you'll achieve. As you move up in status, you'll earn Bucks that you can then spend in the Go365 Mall. **Even better: You may even be eligible for medical plan premium incentives!**

To get started, visit **www.go365.com** or download the Go365 mobile app on the Apple App Store or Google Play.



Go to **www.humana.com** or call the number on your medical ID card to access these programs, tools and resources.