USE YOUR BENEFITS WISELY WITH HELP FROM HUMANA

We are committed to offering you competitive benefits that can 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 care for yourself and your loved ones.

Telemedicine

See a Doctor On Demand U.S. based board-certified doctor 24/7/365 with a telemedicine visit. Whether you're at home, at work or on vacation, and you can't see your doctor, Doctor On Demand can support you by phone or online video chat for 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 needed, 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.

Find a Doctor

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.

Find a Doctor provides the names, addresses and phone numbers of in-network providers near you. Simply visit www.hum.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.

LOGO PLACEMENT

This communication provides a general description of certain identified insurance or non-insurance benefits provided under one or more of our health benefit plans. Our health benefit plans have exclusions and limitations and terms under which the coverage may be continued in force or discontinued. For costs and complete details of the coverage, refer to the plan document or call or write Humana, or your Humana insurance agent or broker. In the event of any disagreement between this communication and the plan document, the plan document will control.

Limitations on telehealth services, also referred to as virtual visits or telemedicine, vary by state. These services are not a substitute for emergency care and are not intended to replace your primary care provider or other providers in your network. Any descriptions of when to use telehealth services are for informational purposes only and should not be construed as medical advice. Please refer to your evidence of coverage for additional details on what your plan may cover or other rules that may apply.

Go365 is not an insurance product and is not available with all Humana health plans. This is a general description of services which are subject to change. Please refer to Customer Support for more information.