



500 W. Main Street
Louisville, KY 40202

Health and wellness or
prevention information

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PAID
HUMANA INC.

<First Name> <Last Name>
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<City>, <State> <ZIP>

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One-on-one
quality time can
be spontaneous

It can also be scheduled

In collaboration with



Schedule your physical exam and yearly wellness visit

Below are two easy ways you can help protect your health. At these visits, your primary care provider (PCP) can work with you to understand your health and develop a plan for your care.

1 Annual Preventive Physical Exam

You'll have routine tests and a checkup.

2 Annual Wellness Visit

This is your one-on-one planning session where you and your PCP talk about your health and how to be your healthiest.



Healthy distances are important, so are health visits

You should keep regular appointments during the pandemic because delaying or avoiding care could impact your health. Healthcare facilities are implementing precautions to help keep you safe. If you still have concerns, talk to your doctor to see if telehealth is an option for you.



Your Humana Medicare Advantage plan covers both of these annual preventive benefits.

Below is the contact information for the PCP that we have on record for you. If this is not your current PCP or you would like to change your PCP of record, please call the number on the back of your Humana member ID card or visit **Humana.com**.

Call your <PCP Practice Name> PCP, at <XXX-XXX-XXXX> (TTY: 711), to schedule a visit.

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Other Providers are available in our network.

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, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status or religion.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意：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 **1-877-320-1235** (TTY: 711)。

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