

Humana is in your neighborhood

There's something happening at your Humana Neighborhood Center

Humana always has something going on—classes, seminars, games and more. At many locations, classes on a variety of topics are offered, such as group fitness, planning and preparing healthy meals, managing health conditions, dealing with stress and much more.

And for Humana members who aren't sure what's covered under their plan, need help finding a doctor or have other questions, most locations are staffed by a Customer Care specialist. Plus, licensed sales agents are available to assist nonmembers looking to enroll in a Humana plan.

Not a member? That's OK!

Everyone is welcome, so stop by today.

What can you do at your neighborhood Humana location?

Focus on how to improve health

Humana Neighborhood Centers offer cooking and nutrition courses, fitness classes and educational classes about managing chronic conditions and healthy living.

Stay social

Spend time with friends and make new ones by participating in social events and games.

One-on-one health and wellness education

Free telephone or in-person appointments are available with health educators who can provide customized information to help you achieve your best health.

Humana[®]



Virtual health and wellness classes

Join Humana's free online classes—they may help you stay connected and improve your health.

Help with health plans

Many centers have Customer Care specialists who can answer plan questions, and licensed sales agents are available to help eligible nonmembers choose the right Humana plan and enroll.



Come see what's new

Find the Humana Neighborhood Center classes that are right for you at:

HumanaNeighborhoodCenter.com to see a full list of virtual activities and to RSVP for classes and other events.

Humana.com/Humana-neighborhood-centers to find a location near you.

For accommodations of persons with special needs at meetings call **800-457-4708 (TTY: 711)**.

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 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。

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