

The purpose of this communication is the solicitation of insurance.
Contact will be made by a licensed insurance agent/producer or insurance company.

Humana Medicare Supplement Insurance Plans

Take a look at the extra discounts and services waiting for you

As a Humana Medicare Supplement policyholder, you get access to additional services and discounts at no extra cost to you. They're designed to help keep you fit and manage your health.

Helping you feel your best*

- **SilverSneakers® Fitness program.** You receive a basic fitness center membership that lets you use the equipment at any participating SilverSneakers fitness center. You can take part in group exercise classes and work with trained advisers to develop your own exercise plan. A fitness program, SilverSneakers Steps®, is available if you can't get to a SilverSneakers location.
- **Humana Well Dine®.** You may get 10 nutritious, precooked frozen meals delivered to your door after an overnight stay in a hospital or nursing facility. To arrange for this no-cost service, simply call after discharge and give your Humana identification number and other basic information.**



Live life more fully with all the extras available as a Humana Medicare Supplement policyholder.

Discounts on your monthly premium

- **Electronic payment discount.** Save on monthly premiums by electing to make payments electronically via automatic bank withdrawal or by credit card.

Discounts on services for you*

- **Vision care.** Save with providers in EyeMed's select network with more than 52,000 retail locations including LensCrafters®, Pearle Vision®, Sears® Optical, Target Optical® and JCPenney® Optical. Get discounts on exams, frames, lenses, contacts and more.

Humana®



Call 1-888-310-8482 to speak to a licensed agent/producer.

- **Prescription medicine.** Get discounts on some medicines at the drug store. Just show your Humana member ID card at a participating pharmacy when you buy non-covered prescriptions. The amount of discount depends on the medicine you buy.
- **Hearing aids and services.** Available through HearUSA®, TruHearing® and NationsHearing®.
- **LifeLine® medical alert system.** Humana members can choose from multiple fall detection service options from LifeLine at discounted prices.

Extras to manage your health*

- **HumanaFirst® Nurse Advice Line.** Speak with a registered nurse about illnesses or injuries anytime just by making a toll-free call 24 hours a day, seven days a week. The nurse will address your health concerns and answer questions about medical conditions.
- **MyHumana mobile app and website.** To access your information when you're on the go, sign in to your secure mobile account at Humana.com or download our iPhone or Android app to review your plan benefits, claims and much more.

***The programs and services described are not insurance and are neither contractually offered nor guaranteed under Humana Medicare Supplement insurance policies. They may be provided by a third party, discontinued at any time and are subject to geographic availability.**

**Limit of four meal orders per calendar year.

Medicare Supplement insurance is available to those enrolled in Medicare Parts A and B due to age and in some states to those under age 65 eligible for Medicare due to disability or end-stage renal disease.

Medicare Supplement insurance plans are not connected with or endorsed by the U.S. government or the federal Medicare program.

Insured by Humana Benefit Plan of Illinois, Inc. or Humana Insurance Company.

Coverage may be limited to Medicare-eligible expenses. Benefits vary by insurance plan and the premium will vary with the amount of benefits selected. Depending on the insurance plan chosen, you may be responsible for deductibles and coinsurance before benefits are payable. These policies have exclusions and limitations; please call your agent/producer or Humana for complete details of coverage and costs. AN OUTLINE OF COVERAGE MAY BE REQUESTED BY CONTACTING HUMANA. Policy form series MESNM10, MESH1, or state equivalent.

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Discrimination is against the law

Humana Inc. and its subsidiaries (“Humana”) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. Humana does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

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.
- Free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call **1-877-320-1235 (TTY: 711)** or send an email to **Accessibility@humana.com**.

If you believe that Humana has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

Discrimination Grievances

P.O. Box 14618

Lexington, KY 40512-4618

If you need help filing a grievance, call **1-877-320-1235 (TTY: 711)**.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at

<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

1-800-368-1019. If you use a TTY, call **1-800-537-7697**.

Complaint Forms are available at www.hhs.gov/ocr/office/file/index.html.



Multi-Language Interpreter Services

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-800-866-0581 (TTY: 711)**.

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-866-0581 (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 **1-800-866-0581 (TTY: 711)**。

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-866-0581 (TTY: 711)**.

한국어 (Korean): 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-866-0581 (TTY: 711)**. 번으로 전화해 주십시오.

Tagalog (Tagalog – Filipino): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-866-0581 (TTY: 711)**.

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-866-0581 (телетайп: 711)**.

Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-800-866-0581 (TTY: 711)**.

Français (French): ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-866-0581 (TTY: 711)**.

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-800-866-0581 (TTY: 711)**.

Português (Portuguese): ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-800-866-0581 (TTY: 711)**.

Italiano (Italian): ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-866-0581 (TTY: 711)**.

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-866-0581 (TTY: 711)**.

日本語 (Japanese): 注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。 **1-800-866-0581 (TTY: 711)**。まで、お電話にてご連絡ください。

فارسی (Farsi):

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با **1-800-866-0581 (TTY: 711)** تماس بگیرید.

Diné Bizaad (Navajo): Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, kojí' hódíílnih **1-800-866-0581 (TTY: 711)**.

العربية (Arabic):

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-866-0581 (رقم هاتف الصم والبكم: 711)**.

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