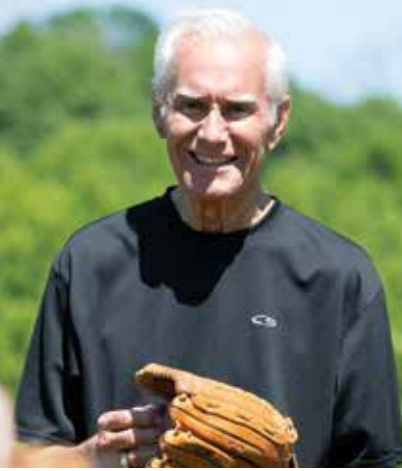


# Add fitness benefits to your plan

MEDICARE ADVANTAGE  
**MyOption<sup>SM</sup> Fitness**



## Start with healthy habits

Research says exercise is good for your heart, lungs, veins, bones—almost every part of your body. Go outside, or hit the gym or the pool. Stretch and strengthen. Get those muscles into the game. Being in shape feels good and it can help improve your health and quality of life.

MyOption Fitness can enhance your health benefits to help you better control your health.

For an extra monthly premium, you get such benefits as a fitness membership, fitness classes and website tools to help you meet your goals.



## Make the move for improved health with MyOption Fitness

### MyHumana—your secure account

**MyHumana** is a secure and personalized account that lets you view your plan information online in one place, anytime you want.

Use a desktop, tablet or smartphone\* to access your healthcare information online in one convenient place.

You'll be able to sign in to MyHumana anytime, anywhere.

- View your coverage and benefits details for medical, dental, vision and pharmacy
- Check the status of your claims
- Track your healthcare spending
- Compare drug prices
- Locate providers in your Humana network
- Sign up for text alerts

### We go where you go

Use your smartphone to download the free MyHumana Mobile app. Text and data rates may apply.



**SilverSneakers**

MyOption Fitness can help you get and stay fit **with the SilverSneakers<sup>®</sup> fitness program**



## Covered in-network SilverSneakers services

- Access to 15,000+ health clubs nationwide—at no extra cost
- Exclusive classes for all levels with certified instructors—so you know they're both safe and fun
- Indoor and outdoor classes
- Social and health education events
- Access to strength and cardio equipment, pools and saunas (amenities vary by location)

### It's never too late to start

Many SilverSneakers participants report improvements both in chronic health conditions and quality of life (88 percent).\*\*

\*Standard data rates may apply.

\*\*2017 SilverSneakers Annual Participant Survey.

Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Humana MyOption optional supplemental benefits (OSBs) are only available to members of certain Humana Medicare Advantage (MA) plans. Members of Humana plans that offer OSBs may enroll in OSBs throughout the year.

Benefits may change on January 1 each year.

Enrollees must use network providers for specific OSBs when stated in the Evidence of Coverage (EOC); otherwise, covered services may be received from non-network providers at a higher cost.

Enrollees must continue to pay the Medicare Part B premium, their Humana plan premium and the OSB premium.

It is important that we treat you fairly. Discrimination is against the law. Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. Humana complies with all Federal and State Civil Rights laws. Language assistance services, free of charge, are available to you. Call 1-877-320-1235 (TTY: 711). Español: Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística. 繁體中文: 撥打上面的電話號碼即可獲得免費語言援助服務。◦◦