

MyOptionSM Fitness

Choose benefits that fit your needs

Customize your Medicare Advantage plan with fitness benefits

What you need for better health

There's so much we know today about living long and living well. Science tells us exercise is good for your heart, lungs, veins, bones and almost every part of your body. According to the Department of Health and Human Services, people who are physically active also reduce the risk of developing or dying from cardiovascular disease, Type 2 diabetes, and certain cancers, such as colon cancer.¹

Make the move for improved health with MyOption Fitness

If you want to make health, wellness and fitness your goal, **MyOption Fitness** can help. For an extra monthly premium, you get a fitness membership plus things like fitness classes and website tools to help you meet your goals.

Stay active with SilverSneakers[®] Fitness

For good health and well-being, you know it's important to keep active and healthy – and that means exercise. With **MyOption Fitness**, you enjoy a Healthways SilverSneakers Fitness program membership with participating SilverSneakers fitness locations throughout the country.

The award-winning program includes health, exercise and wellness classes. It was created for adults who want to live a more active lifestyle. This

¹www.surgeongeneral.gov/priorities/prevention/2014-npc-status-report.pdf



fun program gets members excited to stay active and make new friends along the way.

Visit www.silversneakers.com to find a fitness center location near you.

Enhance your Humana Medicare Advantage plan

You have unique needs for maintaining your good health. That's why Humana offers optional supplemental benefits to help you customize your MA plan. These benefits provide choices that make it easier for you to get coverage relevant to you. Optional supplemental benefits help you control your costs and personalize your coverage.



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Covered services

In network

- A basic fitness center membership at participating SilverSneakers fitness centers
- Access to conditioning classes, exercise equipment, pool and sauna – depending on availability
- Customized SilverSneakers classes designed to help you improve your strength, flexibility, balance and your endurance – where available
- A specially trained Program AdvisorSM at the fitness center to introduce you to SilverSneakers and help you get started
- Members-only access to online support that can help you lose weight, start an exercise program or reduce your stress

Are you looking for fitness benefits?

Whether you're already fit or just getting started, MyOption Fitness gives you access to training, classes and activities that may be just right for you. As a Humana Medicare Advantage (MA) member, you can add this benefit, where available, to your MA plan when you enroll or anytime throughout

We go where you go!

As a member, you'll have your own personalized tool to help you manage your healthcare — **MyHumana**.

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

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

Visit Humana.com/tourMyHumana and take a tour!



Let MyOption Fitness
help you live life fully

Let's talk

You can get personal service from a Humana agent who is dedicated to meeting your individual needs. Or, to speak to a licensed sales agent, call

1-888-866-3154 (TTY: 711)

Sept. 16, 2015 – Feb. 14, 2016

8 a.m. – 8 p.m.,
seven days a week

Feb. 15, 2016 – Sept. 15, 2016

8 a.m. – 8 p.m.,
Monday – Friday

Or go to Humana-Medicare.com

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Benefits may change on January 1 each year. Enrollees must continue to pay the Medicare Part B premium and the Humana plan premium plus the OSB premium. 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. This information is not a complete description of benefits. For more information contact the plan.

Humana is a Medicare Advantage HMO, PPO, PFFS organization with a Medicare contract. Enrollment in a Humana plan depends on contract renewal. Humana MyOption optional supplemental benefits (OSB) 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.

