

Humana. Wellness Solutions

Wellness and well-being are concepts that are being talked about a lot these days. With so many choices, it can be hard to decide what wellness solutions will work best for your organization. Humana can help.

Why Humana Wellness?

Unlike many of our competitors, we use a comprehensive approach that addresses all aspects of well-being, encouraging success for employers who seek to do more than just lower healthcare costs. With Humana Wellness:



Greater wellness = cost savings

We understand you care about your employees health, but we also understand you need to watch the bottom line. Did you know that Go365™, one of our wellness services, can help you save up to \$53 monthly per member on claims? And not only are claims costs impacted, but absenteeism also decreases, helping employees to be present and productive on a more regular basis.¹

Employee well-being = greater productivity

We can help your employees bring their A-game to work every day. Our Employee Assistance Program and Work-Life Services can really have a positive impact on how employees are able to deal with stressful situations.

Where to start = solution-based consultation

Humana Wellness experts consult with your organization to ensure that the right mix of wellness solutions is activated for your employees. Our relationship with employers is a collaboration designed to bring optimal well-being to your employees. Whether it's our Health Coaching program that helps your employees with their physical health needs or our Employee Assistance Program that can help address employee stress, we bring a comprehensive suite of solutions to the table.

Experience + collaboration = success!

Humana Wellness brings solutions that help employees become their best selves. We have 50 years of experience working with communities across the country to improve not only their physical health, but also their total well-being. Truly healthy people feel not only physically fit, but also emotionally and financially secure, with a strong sense of purpose. Let us work with you to create a healthier, happier, and more productive workforce.

**Want more ideas on how to create an environment that supports wellness?
Contact your Humana sales rep today and experience the difference.**