

# Programs-in-a-box:

Educational programming  
presented by Humana



**Humana wants to help members of the community achieve better health and well-being so they're able to take care of themselves and those who matter most to them. This is why we have developed many resources to help people find their path to good health and well-being.**

Programs-in-a-box is an initiative to help our associates provide educational health and wellness content to the communities we serve. Our comprehensive library features over 35 classes, each designed to present easy-to-follow health and wellness presentations in an environment that is comfortable and informative. Our educational classes range from 30–60 minutes and cover a variety of well-being topics.

## **The programs-in-a-box library features presentations from the following categories:**

- **Health and lifestyle.** These presentations are aimed at helping members of the community adopt healthy lifestyle habits to prevent disease and keep them feeling their best.
- **Nutrition.** Eating a healthy diet is a cornerstone of good health, but it isn't always easy. These presentations help teach the basics of a healthy diet and tips for following one.
- **Behavioral health.** Being healthy isn't just about taking care of your body; it's also about taking care of your mind. These presentations are designed to help members of the community learn how to stay happy and healthy, despite life's challenges.
- **Caregiving.** Caregivers may find themselves struggling to keep their head above water. These presentations help caregivers learn how to care for others without sacrificing their own health.
- **Chronic conditions.** These presentations are aimed at helping members of the community learn more about specific health conditions they're managing. Note: These presentations can only be facilitated by a clinician.
- **Technology.** In an age of rapidly changing technology, it can be difficult to keep up. These classes help members of the community learn the basics of using computers and smartphones.

## **Call to speak with a licensed Humana sales agent**

<Rep Name> <Rep License #>

**<000-000-0000> (TTY: 711)**

<Monday – Friday, 8 a.m. – 8 p.m.>

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<URL>



## Current topics available

The list below includes all of the class topics that are currently available. Note: This list is subject to change.

Category	Specific presentations currently available
General health and lifestyle	<ul style="list-style-type: none"> <li>▪ Healthy brain (also available in Spanish)</li> <li>▪ Healthy sleep (also available in Spanish)</li> <li>▪ 5 sneaky causes of weight gain (also available in Spanish)</li> <li>▪ Headaches decoded</li> <li>▪ Partner with your doctor</li> <li>▪ Preventing falls</li> <li>▪ Battling the aging brain (also available in Spanish)</li> <li>▪ Making a healthy change (also available in Spanish)</li> <li>▪ Learn to live well to 100</li> <li>▪ Brain boot camp</li> <li>▪ Keeping a healthy weight</li> </ul>
Nutrition	<ul style="list-style-type: none"> <li>▪ Fruits and vegetables: color yourself healthy</li> <li>▪ Test your nutrition IQ</li> <li>▪ Reading food labels</li> <li>▪ Eat this, not that (also available in Spanish)</li> <li>▪ Sugar: the not so sweet truth (also available in Spanish)</li> <li>▪ The skinny on fat</li> <li>▪ Good foods for your gut (also available in Spanish)</li> <li>▪ Stretch your grocery dollars (also available in Spanish)</li> <li>▪ Just a dash: How much salt is too much?</li> <li>▪ Healthy eating to control cholesterol (also available in Spanish, Korean and Chinese)</li> <li>▪ Superfoods</li> <li>▪ Food and you: What's aging got to do with it?</li> </ul>
Behavioral health	<ul style="list-style-type: none"> <li>▪ Aging happily</li> <li>▪ Habits of happy people</li> <li>▪ Positive thinking: when life gives us lemons... (also available in Spanish)</li> <li>▪ Staying social: how to do it right</li> <li>▪ Boosting your mood with food and fitness</li> </ul>
Chronic conditions	<ul style="list-style-type: none"> <li>▪ Diabetes* (also available in Spanish, Korean and Chinese)</li> <li>▪ Heart health</li> <li>▪ Cholesterol: managing the good and bad* (also available in Spanish, Korean and Chinese)</li> <li>▪ Healthy vision* (also available in Spanish, Korean and Chinese)</li> <li>▪ Is your plate heart-healthy? (also available in Spanish)</li> <li>▪ Preventing diabetes* (also available in Spanish, Korean and Chinese)</li> </ul>
Caregiving	<ul style="list-style-type: none"> <li>▪ Caregiver survival tips</li> <li>▪ Talking to your aging relatives about the future</li> </ul>
Technology	<ul style="list-style-type: none"> <li>▪ Tech 101</li> <li>▪ Protect yourself against scams</li> <li>▪ Using technology to stay connected</li> </ul>

\*Educational presentation can only be presented by a clinician.

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**Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame gratis al **601-605-5130 (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 **601-605-5130 (TTY: 711)**。