



Let's talk health

The support you need for all aspects of your health—physical, mental and emotional—may be closer than you think. In fact, more support might be available right in your neighborhood. We want to help you address your whole-person health needs so you can live your life the way you want. You don't have to be a Humana member to participate. All are welcome.



Here's what we've got planned

The MIND Diet

Tuesday, November 12 | 1 p.m.

The MIND Diet is a way of eating to reduce the risk of dementia. Come find out how you can benefit your brain and overall health nutritionally.



To reserve your spot or find out more, call **480-562-1223**.



Join us

CenterWell Senior Primary Care Sun City
14813 N. Del Webb,
Sun City, AZ 85351

Humana®

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Here's what we've got planned

Living Well With Diabetes

Wednesday, November 13 | 10 a.m.

Diabetes can affect every aspect of your life. Come and learn about how diabetes affects your body and what you can do to manage it.



To reserve your spot or find out more, call **925-895-8517**.



Join us

Oak Street Health Tempe
745 E. Guadalupe Rd. Tempe

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Together, we can do more

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Here's what we've got planned

Protect Yourself From Scams

Thursday, November 14 | 1p.m.

Scammers are getting smarter and it's easy to become a victim of a scam these days. Come find out about the latest scams and how to prevent becoming a victim of scams.



To reserve your spot or find out more, call **480-387-8825**.



Join us

Archwell Health

4315 E. Main St, Mesa

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Here's what we've got planned

Living Well With Diabetes

Wednesday, November 20 | 10 a.m.

Diabetes can affect every aspect of your life. Come and learn about how diabetes affects your body and what you can do to manage it.



To reserve your spot or find out more, call **925-895-8517**.



Join us

Oak Street Health Mesa
2850 E. Main St #106

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Let's talk health

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Here's what we've got planned

Alzheimer's Prevention

Thursday, November 21 | 1 p.m. - 3 p.m.

Join us at our host site, Archwell Health, to learn more about healthy living and nutrition for preventing Alzheimer's. This presentation is a joint venture with the Alzheimer's Association and Humana for Alzheimer's awareness month.



To reserve your spot or find out more, call **480-259-9866**.



Join us

Archwell Health

4315 E Main St, Mesa 85205

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For accommodations of persons with special needs at meetings, call **502-479-6585 (TTY: 711)**.

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618, **877-320-1235 (TTY: 711)**.

Auxiliary aids and services, free of charge, are available to you.

877-320-1235 (TTY: 711)

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.

This information is available for free in other languages. Please call our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m., Eastern time.

Español (Spanish): Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711)**. Horas de operación: 8 a.m. a 8 p.m. hora del este.

繁體中文 (Chinese): 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：711)**。辦公時間：東部時間上午 8 時至晚上 8 時。