



500 W. Main St.  
Louisville, KY 40202

Health and wellness or  
prevention information

[[RecipientFirstName]] [[RecipientLastName]]  
[[RecipientAddressLine1]]  
[[RecipientAddressLine2]]  
[[RecipientCity]] [[RecipientState]] [[RecipientZip]]

Make time  
for what  
matters most  
—your health



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LOGO  
HERE>

# Schedule your annual wellness visit

One easy way you can help protect your health is by developing a plan for your care with your healthcare provider at an Annual Wellness Visit.

## Your Humana Medicare Advantage plan helps cover an annual wellness visit.

Please contact your healthcare provider's office to schedule your visit.

The Annual Wellness Visit included in your plan gives you and your healthcare provider a chance to make a strategy for your health.<sup>1</sup> It also helps ensure you get the physical and mental health screenings you need. Making time to do this can even save you money on health costs over the year.<sup>2</sup>

**Below is the contact information for the healthcare provider's office we have on record for you. If this is not your current healthcare provider's office or you would like to change your healthcare provider of record, please call the number on the back of your Humana member ID card.**



Contact [[PCPName]] at [[PCPNumber]] (TTY: 711) to schedule a visit.

**<Go365<sup>®</sup> is your Humana wellness program that rewards you for completing eligible healthy activities. Your Annual Wellness Visit has a rewards value of \$25.\*>**

<sup>1</sup> “Yearly Wellness Visits”, last accessed November 4, 2022, [www.medicare.gov/coverage/yearly-wellness-visits](https://www.medicare.gov/coverage/yearly-wellness-visits).

<sup>2</sup> Adam L. et al., “Medicare Annual Wellness Visit Association With Healthcare Quality and Costs”, last accessed November 4, 2022, [www.ajmc.com/view/medicare-annual-wellness-visit-association-with-healthcare-qualityand-costs](https://www.ajmc.com/view/medicare-annual-wellness-visit-association-with-healthcare-qualityand-costs).

<\*Rewards have no cash value and must be earned and redeemed within the same plan year. Rewards not redeemed before Dec. 31st will be forfeited. No amount of this gift card can be used to purchase Medicare-covered services, nor can it be converted to cash.>

### Other providers are available in our network

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, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (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 **877-320-1235 (TTY: 711)**。