

## PREVENTIVE CARE

# Preventive care, for the road ahead

Working with your doctor to help make sure you get the preventive care you need is a good first step to healthy living.

### Start with a road map

You may not know where to start, whether it's with adding some movement into your day, eating more vegetables or getting a better night's sleep.

Your Annual Wellness Visit and talking with your doctor or medical provider is a great first step. He or she can help give you a road map of what you need to do. Talk with your provider about what preventive screenings you need and how often you need them.

### Find out more

Call our Customer Care team toll-free at the number on the back of your Humana member ID card to find out about the preventive screening covered under your plan.

### Preventive screenings under Medicare Part B

- Abdominal aortic aneurysm screening
- Alcohol misuse screening and counseling
- Annual Wellness Visit
- Bone mass measurement for osteoporosis screening
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
- Cervical and vaginal cancer screening
- Colorectal cancer screening
- COVID-19 vaccines
- Depression screening
- Diabetes screening
- Diabetes self-management training
- Flu shots



- Glaucoma screening
- Hepatitis B Virus (HBV) infection screening
- Hepatitis C screening
- HIV screening
- Immunizations
- Kidney disease education
- Lung cancer screening
- Mammogram
- Nutrition therapy
- Obesity screening & counseling
- One-time "Welcome to Medicare" preventive visit
- Pap test and pelvic exam
- Prostate cancer screening
- Screening for a sexually transmitted infection
- Medicare diabetes prevention program (MDPP)
- Tobacco use cessation counseling

Additional preventive services approved by Medicare during the contract year may be covered.

This communication doesn't guarantee benefits and doesn't indicate all services received will be covered by your plan. Please refer to your Evidence of Coverage or call Customer Service at the number on the back of your Humana member ID card to confirm that the service will be covered by your plan.

## Important

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### 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. If you need help filing a grievance, call the number on your ID card or if you use a TTY, call 711.

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

### Please call the number on your ID card. If you use a TTY, call 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。

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