

Keep connecting for your health



Here are some helpful tips and resources to help you stay connected to others while also keeping a healthy routine.

Feelings of loneliness can happen—even when surrounded by others

Loneliness is a feeling of sadness or distress about being by ourselves or feeling disconnected from our friends, neighbors and the world around us. It can also occur when we lack social support and meaningful connections.



One in five Americans often feels lonely, and for adults aged 45 and older, about **one-third** feel lonely.^{1,2}

Social isolation can occur when you're physically alone

Social isolation happens when we are physically separated from other people—whether we seek new social connections or feel disconnected from our usual social circles. Social isolation can happen when you are recovering from surgery or have children who live far away. You might also feel isolated when loved ones pass away or when it's too hard to get out of the house.



Having **meaningful relationships** with others and engaging in **social activities** may help you live longer, feel a sense of purpose and decrease your risk of certain health challenges, like Alzheimer's disease and dementia.³

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Ask for help

It's important to talk about feelings of loneliness or anxiety that you may face in your everyday life. Here are some steps to get the support and assistance you need.

1. Tell someone you trust.

Share your challenges with your family members, friends or counselor. They can listen to your feelings and offer you support.

2. Talk to your doctor.

Choose a doctor with whom you can speak easily and openly. Bring a list of questions and concerns with you, especially if you've recently felt down or stressed. Your doctor can give you the right diagnosis and treatment.

3. Focus on how your life will improve.

Write down the ways you think changing your perspective will benefit your life. Try not to put yourself in situations that trigger your unwanted behaviors.

4. Make new friends.

Friends can support, nurture and positively affect our lives every day. Reference the resources in the next section to find new ways to get connected.

5. Remind yourself to take it one day or one moment at a time.

Changing behavior is an ongoing journey that doesn't always go perfectly. What matters is whether you continue your commitment to changing your life.

6. Find your purpose.

Your purpose in life is not only about accomplishing something, but also in finding meaning and joy in the small things of life. Reach out to a friend and say hi or find something small you could do for someone else.

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Create and strengthen your social network



Video chat friends and family. Use a laptop or smartphone to keep in touch with loved ones who live far away.



Connect locally. Reconnect with neighbors and friends that you don't usually interact with.



Go online. Play games like cards, word scramble and trivia with your friends online.



Get out. Enjoy the sunshine and go for a walk outside.



Care for a pet. Enjoy companionship and a new friend by having a dog, cat or other pet.



Join a club. Find a group for hobbies you enjoy, like playing bridge, golfing or crafting. You can also sign up for group classes at your local community or senior center.



Get active. Join an outdoor club or walking group. Some medical plans may include a fitness program. You can also take walks in your neighborhood or a nearby park, or do water aerobics at the community aquatic center.



Volunteer. You've gained a lot of expertise in your life, and people can really benefit from that. You can even volunteer virtually by writing letters to someone battling depression through www.lettersagainst.org/volunteer.



Connect with these resources for help

- **Support from your health plan**
Some health plan benefits may include mental or behavioral health as well as transportation support. Plans may also include virtual appointments for medical and/or behavioral healthcare, allowing you to receive care without leaving your home. [Call the number on the back of your medical insurance ID card](#) to see what benefits or community resources may be available.
- **Eldercare Area Agencies on Aging**
This organization connects older Americans and their caregivers with trustworthy, local support resources, like transportation, meals and home care.
Call 800-677-1116 (TTY: 711),
Monday – Friday,
8 a.m. - 9 p.m., Eastern time.
www.eldercare.acl.gov
- **Humana Community Navigator®**
Search within your community to find loneliness resources, as well as help with utilities, food resources, housing support, transportation programs and more.
humana.findhelp.com



Additional resources for help

- **CareCalendar**
Guides you in creating an online calendar to organize visitors, meals and care while you're recovering from surgery
www.carecalendar.org
- **Caregiver Support**
Helps you connect with caregiving experts to find the right information you need to help you navigate your complex caregiving challenges
855-227-3640 (TTY: 711), Monday – Friday, 8 a.m. – 7 p.m., Eastern time
www.caregiveraction.org
- **Mental Health America**
Provides local and online support groups, community events, volunteer opportunities and more
www.mentalhealthamerica.net
- **AmeriCorps Seniors**
Matches seniors to service opportunities around the U.S. Put your knowledge and expertise to work by serving as a foster grandparent or senior companion
americorps.gov/serve/americorps-seniors

Sources

1. Kaiser Family Foundation, August 2018, <https://www.kff.org/report-section/loneliness-and-social-isolation-in-the-united-states-the-united-kingdom-and-japan-an-international-survey-introduction/>.
2. National Academies of Sciences, Engineering, and Medicine. 2020. Social Isolation and Loneliness in Older Adults: Opportunities for the Health Care System. Washington, DC: The National Academies Press. <https://doi.org/10.17226/25663>.
3. National Institute of Aging, April 2019, <https://www.nia.nih.gov/news/social-isolation-loneliness-older-people-pose-health-risks>.

Humana has no affiliation with and does not endorse these organizations.

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns. Consult your doctor before beginning any new diet or exercise regimen.

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion, or language. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
If you need help filing a grievance, call **877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.
- **California residents:** You may also call California Department of Insurance toll-free hotline number: **800-927-HELP (4357)**, to file a grievance.

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.

Language assistance services, free of charge, are available to you. 877-320-1235 (TTY: 711)

Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

Tiếng Việt (Vietnamese): Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

Русский (Russian): Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

فارسی (Farsi)

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wóda hí béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowoł.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك