



Group Medicare Insights: The Humana difference

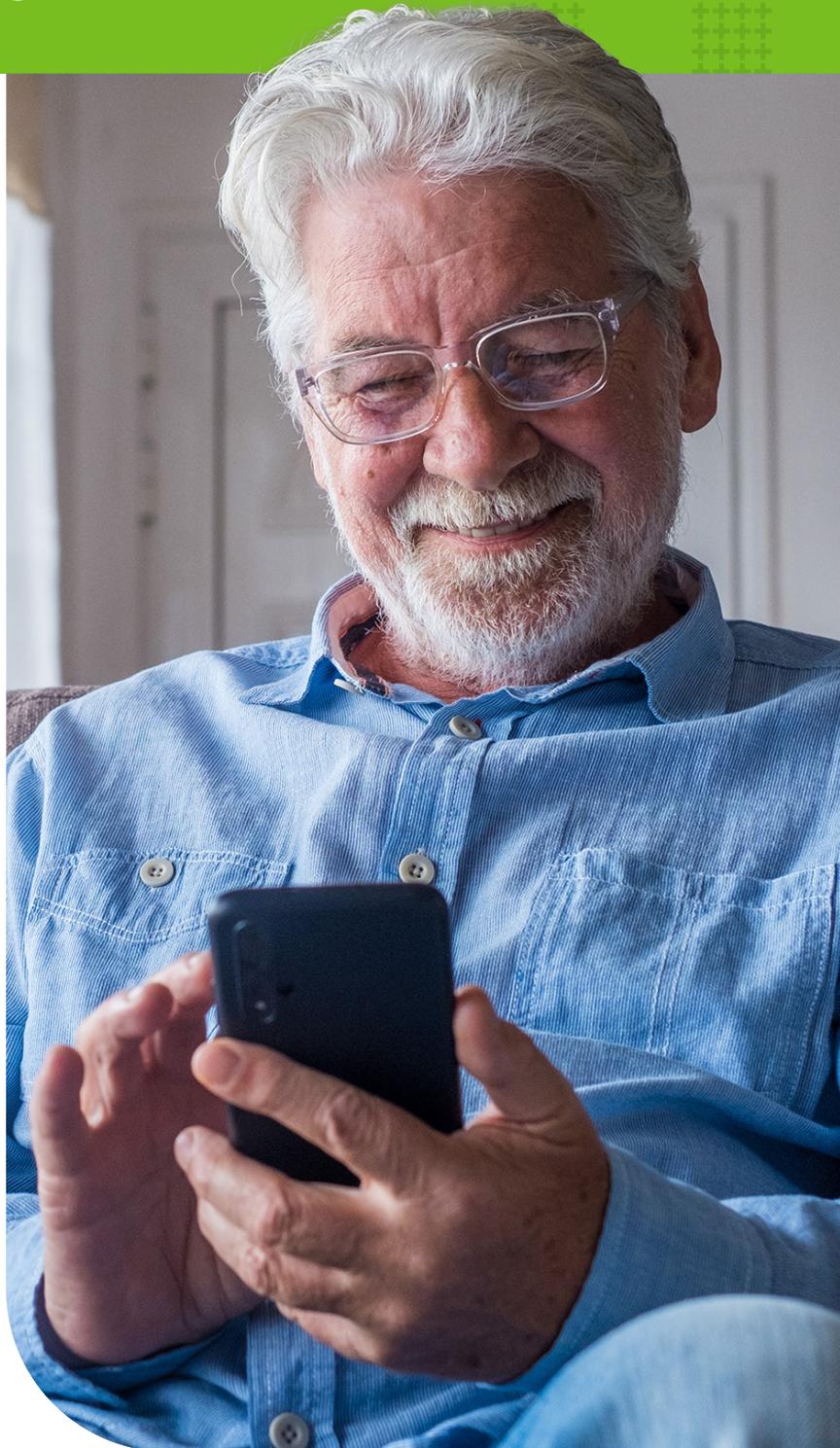
Bringing care home: 4 ways Humana empowers members

For many older Americans, home care is more than a convenience. It's an empowering option for maintaining independence, enhancing quality of life, and overcoming barriers to receiving much needed care and support.

Here are four ways Humana helps members age in place.

Call for personalized support

Nick, a 67-year-old retired accountant with type 2 diabetes, has a lot to keep track of. Maintaining independence is important to Nick, so he turns to Humana's telephonic care management team for at-home support. With a simple phone call, he gets connected to a dedicated personal care manager who can help him manage refills for his diabetes medications, schedule appointments and connect with important community resources, all from his home.



Bringing care home: 4 ways Humana empowers members

Breathe easier with house calls

For Lucy, a 74-year-old retired teacher, living with chronic obstructive pulmonary disease (COPD) isn't easy, especially since she's begun driving less often. She understands the importance of making sure her COPD is properly monitored, but finding transportation to her routine checkups can sometimes be a challenge. Thankfully, CenterWell Primary Care Anywhere™* helps ease the burden by bringing personalized care straight to Lucy's home, where skilled clinicians monitor her oxygen levels, guide her in breathing exercises and train her on the proper use of breathing devices.



Proactive in-home health and well-being assessments

Mark, a 76-year-old retired carpenter, is the picture of health. He eats a well-balanced diet, exercises regularly and enjoys an active social life. Mark stays so healthy because he knows the importance of preventive care. That's why, every year, he receives a personalized in-home health and well-being assessment (IHWA), where a licensed medical professional comes to his home to have a relaxed, unrushed conversation about Mark's health goals, and how to achieve and maintain them. The visiting clinician reviews Mark's current care plans and medications, looks for any gaps in care, and then makes suggestions for ways in which Mark could discuss enhancing his care with his primary physician.



*Other providers may be available in the Humana network



Bringing care home: 4 ways Humana empowers members

Secure and supportive virtual visits

Marie, a 68-year-old retired computer scientist, has been struggling with some recent life changes, including the loss of her husband. She would really like to speak with a therapist, but the thought of traveling to an office visit only adds to her anxiety. Instead, she schedules a virtual visit with one of Humana's board-certified therapists via a secure video platform. The result: easy access to high-quality emotional support, without the need for travel or other any other barriers that might have discouraged Marie from getting the help she needs.



[Click here](#) to learn more about Humana's home-based primary care and preventive services

Humana is a Medicare Advantage [HMO, PPO, and PFFS] organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

To learn more, visit **[Humana Group Medicare](#)**