



Group Medicare Insights: The Humana difference

How Humana helps seniors thrive



Every May, Older Americans Month recognizes the contributions and experiences of the nation's seniors while also highlighting aging trends. The 2026 theme "Champion Your Health" spotlights the importance of preventive care, wellness and taking an active role in managing one's own health. A proactive approach to healthy aging is also the foundation of Humana's senior-focused model.

Humana's emphasis on helping seniors live healthy, active lives has led to the launch of the CenterWell® Fulfillment Index. This new national measure is intended to help foster a better understanding of the factors driving well-being as people age.

Here's a closer look at how Humana's whole-person approach to care helps seniors live fulfilling, healthy lives.



Promoting social connections

Strong social networks are a key part of healthy aging.

Humana has several initiatives to help nurture social connections among older adults:

- + The SilverSneakers® program promotes active aging in a group setting through in-person fitness classes at community centers, parks and other locations.
- + Humana's CenterWell senior primary care centers offer in-person events and activities like bingo nights, community walks, wellness programs, nutrition seminars and more.



Supporting cognitive health

While maintaining physical health is an important part of healthy aging, it's just as important to support brain health. Research shows that older adults who engage in brain-boosting activities have a reduced risk of dementia.¹

Humana's support for cognitive health includes:

- + Investments in mental health programming and projects geared toward seniors through the Humana Foundation.
- + Seminars at select CenterWell® senior primary care locations that provide older adults with a deeper understanding of cognitive wellness.



Meeting seniors' primary care needs

Traditional primary care settings are often less effective for seniors, given the higher rates of chronic conditions and complex needs among the older adult population.

CenterWell® senior primary care centers cater to seniors' unique needs in a variety of ways:

- + CenterWell® physicians spend 50% more one-on-one time with patients compared with doctors working in traditional primary care settings.
- + The centers are designed for older adults, with features such as anti-slip flooring, wider hallways for patients in wheelchairs and exam chairs instead of exam tables.



Ensuring access to care

Difficulty accessing care due to geographic location or transportation issues is a common barrier among the senior population. In fact, one-fifth of adults without access to a vehicle or public transportation decided to forgo medical care within the past year, according to one study.²

Humana has measures in place to help members access care, such as:

- + Home health solutions that allow members to receive care within the comfort of their own homes.
- + Care management, which includes access to a personal care manager and a care team that provides at-home healthcare support.
- + Transportation benefits for eligible members, such as trips to hospitals or doctors' offices, or trips to a plan-approved location following hospital discharge.

1. Zimu Wu et al., "[Lifestyle Enrichment in Later Life and Its Association With Dementia Risk](#)," JAMA Network, July 14, 2023, accessed April 20, 2026.
2. Todd Shryock, "[Lack of transportation often leads to skipped medical care](#)," Medical Economics, April 28, 2023, accessed April 20, 2026.

Humana is a Medicare Advantage HMO and PPO organization and a stand-alone PDP prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

Other providers are available in the Humana network.

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