



Group Medicare Insights: The Humana difference

Fulfillment: A vital measurement in the overall health of seniors



Healthy aging is about more than getting great medical care. It's also about making sure older adults are fulfilled with a deep sense of purpose, confidence and connection in day-to-day life. These same elements are at the core of Humana's approach to healthcare, with Group Medicare Advantage plans specifically designed to support the whole person—emotional and social wellness included.

New research from CenterWell® shows that measuring fulfillment as part of an integrated health program can be an important indicator of whole-person health. The study, which sought to better understand how fulfillment can impact seniors' health and well-being, found that a sense of wholeness and self-value can have a direct impact on seniors' overall happiness and health.

Considering fulfillment as part of a holistic healthcare plan can make a difference in the lives of older adults. For example, when

there is an emphasis on preventive care, this can help retirees stay healthy and maintain their independence. Similarly, senior-focused programming, such as Silver Sneakers® fitness classes and events hosted at CenterWell® Senior Primary Care centers, can help foster social and emotional connections in a population that often reports feeling isolated or lonely.

Aging isn't always easy. But with senior-centered offerings and an emphasis on whole-person health, Humana members can find a sense of fulfillment at every step of their wellness journey.

Source:

["Understanding fulfillment: A new roadmap for your retirement journey,"](#) CenterWell®, published April 20, 2026, accessed April 27, 2026.

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