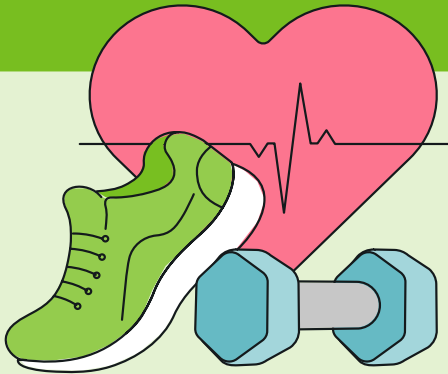




Group Medicare Insights: Industry news and trends

New scientific findings support Humana's whole-person approach to care



Group Medicare Advantage members understand the importance of caring for all aspects of their well-being. Fitness programs for better mobility. Mental health visits to reduce emotional stress. Connecting with community resources that enhance quality of life.

Now there's new scientific evidence showing that a proactive approach to whole-body health can also reduce the risk of dementia. According to the research, 45% of dementia cases could potentially be delayed or reduced by addressing modifiable risk factors early on.¹ The study identifies two new risk factors for dementia—vision loss and high cholesterol, indicating that preventive care, such as routine eye exams and wellness visits with a primary care physician, may offer a way for older adults to take charge of their cognitive health.¹

Humana's Group Medicare Advantage plans make screening and treatment for issues such as vision loss and high cholesterol

easily accessible for members. It's all part of Humana's value-based care (VBC) approach to healthcare. Rather than reimbursing providers based on the volume of services delivered, VBC helps patients receive more personalized care while improving their overall health experience. More 1:1 time with physicians, tailored care plans and greater access to preventive screenings means members can better manage risk factors for chronic conditions before they become acute.

Aging is inevitable. But the potential for dementia prevention is better with a Humana healthcare plan that supports a proactive approach to preventive care.

1. Professor Gill Livingston, et al., "[Dementia Prevention, Intervention, and Care: 2024 Report of the Lancet Standing Commission](#)," The Lancet 404 (July 31, 2024): 572–628, accessed April 12, 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.

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