



Medicaid care that goes beyond what you expect.

Your health is our priority.

For more information:

- Visit [Humana.com/HealthyKentucky](https://www.humana.com/HealthyKentucky)
- Talk to your local community resources and agencies
- Consult your doctor



Humana

Healthy Horizons[®]
in Kentucky

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Español (Spanish) ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **800-444-9137 (TTY: 711)**.

繁體中文 (Chinese) 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **800-444-9137 (TTY: 711)**。

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Healthy living

Health tips for you

Humana
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in Kentucky



Did you know?

Asthma

from Control and Prevention (CDC)

Asthma affects 1 in 11 children and 1 in 12 adults.

Symptoms: Wheezing, breathlessness, chest tightness and coughing.

Avoid an attack: Stay away from things that can cause an attack, like smoke, dust and outdoor pollution.

Treat it: You can take a controller medicine. Your doctor can help.

Cold/flu prevention

from CDC

The flu can be very dangerous. The best way to prevent it is to get a flu vaccine.

Here are tips to stop the spread of germs:

- Wash your hands often.
- Cover your nose and mouth when you cough or sneeze.
- Avoid touching your eyes, nose and mouth.

Dental health

from the American Dental Association

Almost 1 in 4 children under the age of 5 have cavities. Help take care of your teeth with these tips:

- Brush your teeth twice a day for 2 minutes.
- Floss every day.
- Go to the dentist at least twice a year for a checkup.

Diabetes

from the American Diabetes Association

29.1 million Americans, or about 1 in 11 people, have diabetes.

Type 1 and Type 2 diabetes involve how your body produces or uses insulin.

You can work with your doctor to control your diabetes.

Stay in control: Check your blood sugar, eat right and stick to your care plan.

Heart disease

from CDC

Heart disease is a very serious health challenge for both men and women, but can be dealt with and even prevented by:

- Eating lots of fruits and vegetables and foods low in salt, fat and cholesterol.
- Staying active! Walk for 30 minutes, 5 days a week.
- Not smoking. If you smoke, try to quit as soon as possible.

Mental Health

from MentalHealth.gov

1 in 5 American adults have experienced a mental health issue.

- Biological factors, life experiences and family history can all contribute to mental health problems.
- Early mental health support can make a big difference in outcomes.
- Community resources and family and friends can help! Just ask.

Vision care

from the National Eye Institute

Your best eye health can be helped along, if you:

- Eat dark leafy greens, like spinach.
- When focusing on one thing for a while, try the 20-20-20 rule: Every 20 minutes, look away about 20 feet in front of you for 20 seconds.
- Wear sunglasses with UV-A and UV-B protection.

