



Want a healthier lifestyle? Try Wellness Coaching

You don't have to do it alone. The Wellness Coaching program offered by Go365 by Humana® can help! Available to all Group Medicare members, our coaching program helps you develop an action plan for your health and well-being goals. Each coach is a National Board-Certified Health and Wellness Coach.



What does a coach do?

- Works with you to create a personal vision for your health and well-being
- Brings clarity to your goals and priorities
- Helps you find your hidden motivation
- Provides accountability and support



What areas can a coach help you with?

- Weight management
- Healthy eating
- Physical activity
- Blood pressure
- Cholesterol
- Back care
- Managing stress
- Quitting tobacco
- And more

Trying to quit tobacco?

Your coach will work with you to create a personalized quit plan. A good quit plan, along with the support of nicotine replacement therapy such as nicotine patches, gum and lozenges, may increase your chance of success. Wellness Coaching provides up to 3 months' worth of these supplies at no cost to you.

Ready to get started?

Call us today at **877-567-6450 (TTY: 711)**, 8 a.m. – 6 p.m., Eastern time

Wellness coaches do not provide medical advice and should not be used in place of consulting a medical professional. Please consult your doctor before starting a new diet or exercise regimen.



Y0040_GHHLBHZEN_24_NCSHP_C
NCSHPGO365HCF24

Wellness coaches do not provide medical advice and should not be used in place of consulting a medical professional. Please consult your doctor before starting a new diet or exercise routine. Health coaching is a rewardable activity under the Social/Educational category when submitted on the Activity Form in the 'other educational activities' line.

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618. **888-700-2263 (TTY: 711).**

Auxiliary aids and services, free of charge, are available to you.

888-700-2263 (TTY: 711).

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

This information is available for free in other languages. Please call our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m. Eastern time.

Español (Spanish): Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711).** Horas de operación: 8 a.m. a 8 p.m. hora del este.

繁體中文 (Chinese): 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：711)**。辦公時間：東部時間上午 8 時至晚上 8 時。

GHHLE7BEN 0822