

Humana Medicare Advantage Members

MyHumana.com

<https://account.humana.com/>

Type in [MyHumana.com](https://account.humana.com/) or use the link above. Set up an on-line member profile (or open your account) at this website to access MyHumana, Humana Pharmacy, and Go365 accounts all in one website.



Start earning wellness rewards today!

Look for this emblem and select Go365.

View the eligible activities for earning rewards.

Complete activities, verify rewards, and earn gift cards.

Redeem your rewards in the **Go365 Mall** for gift cards to use in various venues. Rewards must be earned and redeemed in the same plan year.

Qualifying Preventative Activities (up to \$145)

- | | |
|-------------------------------|------|
| • Annual Wellness visit | \$25 |
| • Bone density | \$20 |
| • Breast cancer screening | \$30 |
| • Colorectal cancer screening | \$55 |
| • Flu vaccine | \$ 5 |
| • Medication usage survey | \$10 |

Qualifying Exercise and Fitness Activities (\$60)

Be active for 12 days to earn \$5 in rewards per month for 12 months to earn \$60.

- Verify activity on Go365 in one of 3 ways or choose a combination.
 - o Connect an activity tracker or device to your Go365® account.
 - o Every day with at least 5000 steps is considered an active day.
 - o Track a workout (walking, biking, etc.) for 12 days each month.

Track active days on the on-line calendar log. (Must submit within 90 days.)

Qualifying Connect & Learn (\$10)

Complete 2 activities for a total of \$10 in awards filed within 90 days of activity.

- | | |
|--|-----|
| • Enrollment and onboarding | \$5 |
| • Get mental health support now | \$5 |
| • Submit a social or health activity | \$5 |
| • Update your communication preferences activity | \$5 |

****Stay active and informed with [Humana Neighborhood Center](https://www.humananeighborhoodcenter.com/)**

It is easy to access the resources of the Humana Neighborhood Center from your home. Enroll in online classes or watch videos of past classes on a variety of topics including tips for managing your health, learning to cook nutritious meals, exploring places to travel, learning about meditation, and craft demonstrations. Check out the calendar for upcoming events or browse the video library for past classes! <https://www.humananeighborhoodcenter.com/>

With HUMANA Medicare Advantage...



<https://www.silversneakers.com/>

SilverSneakers is a fitness program for seniors that's included with many Medicare Advantage plans. Membership includes free access to every participating gym and fitness center in the network. That's a membership at more than 15,000 locations. We also offer fitness classes for all abilities led by SilverSneakers trained instructors at gyms and other locations. So, what are you waiting for?

Download **SilverSneakers GO** from your phone's app store to get started today!



SilverSneakers GO is the fitness companion app that makes it easy for you to get fit, stay active, and develop healthy exercise habits. This app allows you to locate nearby group exercise classes and fitness locations. You can schedule activities whether you're going to the gym, a class, or just general activity (walking, swimming, hiking, etc.) and you'll get reminder notifications about your scheduled activities. The programs are guided workouts that range from 4 – 12 weeks and for all fitness levels. The programs will keep your workouts interesting and effective as you progress and get stronger. With this app you're getting:

- Full 4-12 week workout programs for all fitness levels
 - Find nearby fitness locations and classes
 - Schedule exercise activities
 - Get notifications for your scheduled activities
 - Learn and master new moves and exercises
 - Rate your workout experiences
 - Log completed workouts and keep track of your progress

Steps to Enroll on a computer/tablet:

1. Go to www.silversneakers.com
2. Click on Check My Eligibility and set up an account.
3. Print out your membership card.
4. Locate a participating gym. Alternately, access an on-line class and exercise from the comfort of your home until you are ready to visit the gym.
5. Make contact and inquire how to use your SilverSneakers card to enroll in a gym membership at that location.
6. Remember there is no charge for your gym enrollment. Some gyms may offer sessions with a private trainer for a fee.
7. Use equipment safely and visit regularly!

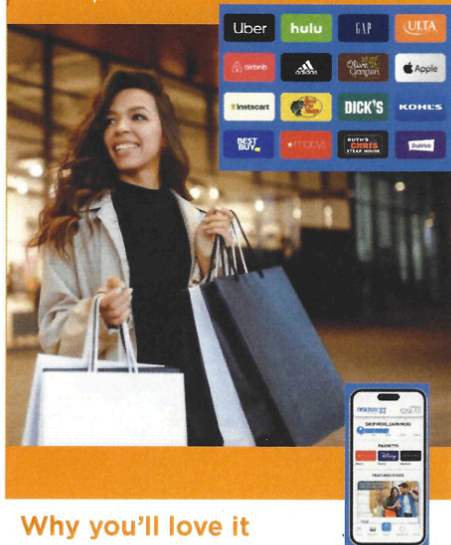
More ways to save... on the things you do every day

Your NEA membership already helps you save on travel. Now we're taking your benefits further—with **new shopping and dining benefits** that help you stretch your budget on everyday essentials, little luxuries, and meals out. Visit neamb.com/shopdine today to get started.

Shopping

Shopr Rewards: instant cash back on everyday purchases.

You're already shopping your favorite brands—now earn instant cash back with Shopr Rewards and use it on future purchases.



Why you'll love it

- **Instant cash back** – Up to 10% or more at 300+ national brands.
- **Real savings** – Cash back you can apply to future purchases, not points.
- **No hoops** – No coupons, exclusions, or conditions—just shop, earn, save.

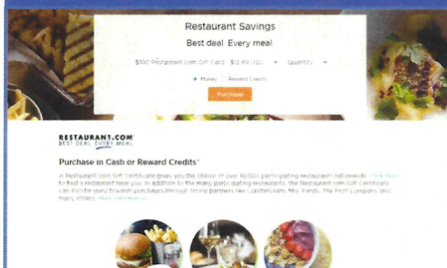
Dining

Turn member savings into dinner out.

With your NEA dining benefit, you can access discounted Restaurant.com dining certificates and let your member discount lighten the bill.

Why you'll love it

- **Save on real meals** – Instant savings at participating restaurants.
- **Plenty of choice** – Local favorites, neighborhood gems, and casual go-tos.



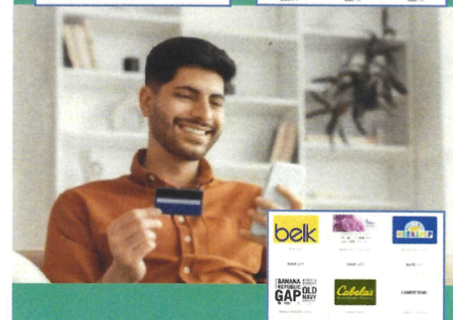
Gift Cards

Your Savings Dollars. Your Brands. Your Way.

Turn the **Savings Dollars** you earn with the NEA Member Benefits Shop Dine Travel Program into gift cards for the things you use every day.

Why you'll love it

- **Cover essentials** – Groceries, gas, and household needs.
- **Treat yourself** – Retail and entertainment “just because” moments.
- **Easy gifting** – Use Savings Dollars to grab a quick gift card instead of cash.

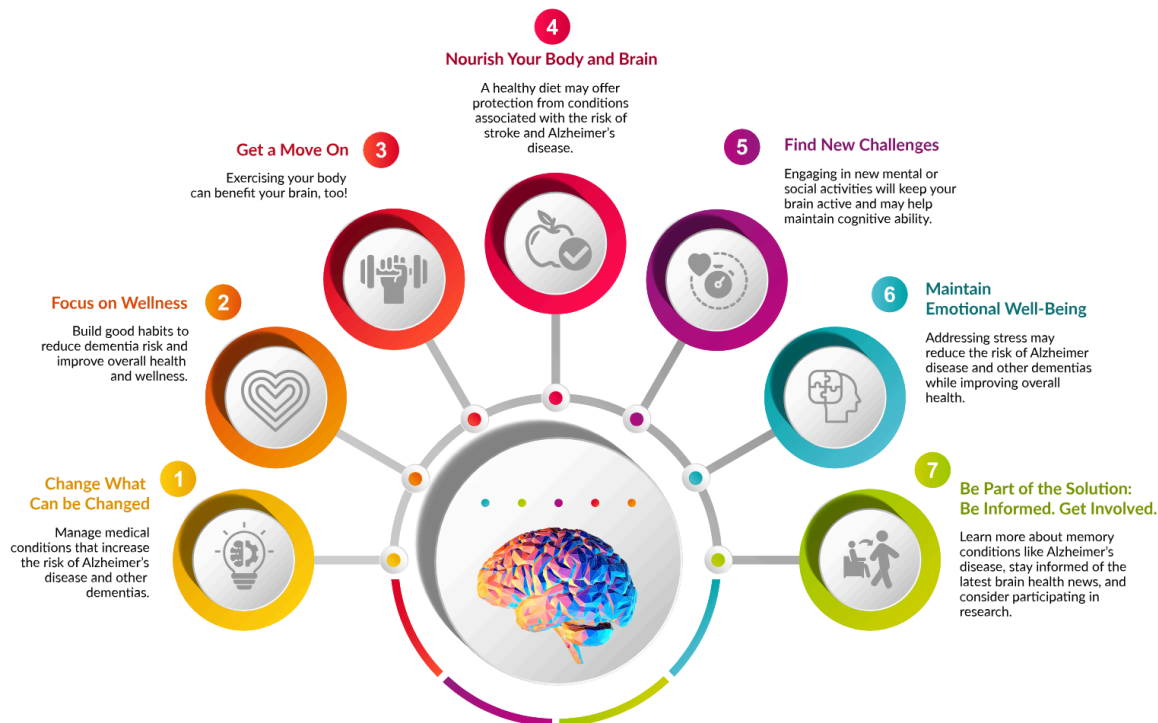


BRAIN HEALTH TIPS

Worrying about memory decline or dementia will not reduce your risk, but there are things you can do help keep your brain working at its best.

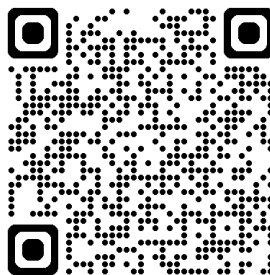
Click on the seven tips below or the brain health checklist for ideas and resources to help get you started. We update the tips pages regularly, so be sure to check back for more!

[Brain Health Checklist](#)



[Brain Health Tips | NCBrain \(ncbrainhealth.org\)](#)

<https://ncbrainhealth.org/brain-health-tips/>



Brain Health Checklist

Check off all activities and behaviors you currently practice



NC Registry for Brain Health



EXERCISE

Walk each day about 20-25 minutes

Step it up with your doctor's approval

Exercise moderately (e.g. brisk walking) for at least 150 minutes each week

Exercise vigorously (e.g. running or swimming) at least 75 minutes each week

Attend an exercise class regularly (in person or online)



DIET

Eat green leafy vegetables 6 times weekly

Eat minimum two servings of berries weekly

Eat a serving of fish at least once weekly

Eat about 5 servings of nuts weekly

Eat about 2 servings of poultry weekly

Eat 3 servings of beans weekly

Eat a vegetable every day

Eat 3 servings of whole grains daily

Limit sugar and sugary drinks

Limit salt intake

Limit unhealthy fats; and/or use olive oil



SLEEP

Sleep 6-8 hours each night

Wear your CPAP machine if ordered

Have a nightly routine to help you sleep well



SOCIAL ENGAGEMENT

See or talk with friends or family regularly

Engage in something new and different each week OR attend group functions weekly

Attend a class; learn something new each month

Volunteer in your community



PHYSICAL HEALTH

Check your blood pressure regularly and take prescribed medications if ordered

Pay attention to your hearing and vision; have them checked if you notice problems

Wear a hearing aid and/or glasses if ordered

Maintain good oral health

Take prescribed medications

Reduce stress (e.g. practice meditation or yoga, pray)

Manage chronic conditions by visiting your doctor (high blood pressure; diabetes)

Limit alcohol intake

Stop smoking

Nice Job! Look at all the check marks.
Are there areas where you could improve?