

SMOKY MOUNTAIN GROUP, INC.

MEDICARE ADVANTAGE SPECIAL LINKS

**[Humana Healthy Options
Spending Card](#)**

[Save your Card](#)

It will be reloaded every month and may continue into future plans as well.

Card Activation

Humana's single spending account card makes it easy for members to activate and use their available allowances all year long. Discover how simple we've made it.

3 ways to activate

- Online - Visit HealthyBenefitsPlus.com/Humana.
- Mobile App - Search for Healthy Benefits+.
- Phone - Call 855-396-0691 - (TTY: 711).

Card Balances

There are 3 ways members can check their card balances.

- Using their Healthy Benefits+ mobile app from the App Store or Google Play.
- Visiting the quick balance check page at www.HealthyBenefitsPlus.com/Humana
- Calling 855-396-0691 (Humana National) toll-free.

The easiest, most convenient way to check balances and manage your card is through the Healthy Benefits+ mobile app.

Additional helpful reminders:

- The spending card is not a credit card but may be entered as "credit" to checkout. If prompted, the PIN should be the last 4 digits of the card number. The member can either use the card as "credit" and enter a PIN or as "debit" and bypass the PIN.
- For bill pay, the address on the invoice must match the address the member has on file with Humana. Bills can take 7-14 days to process.
- Cell phones and Home phones are considered utilities
- Members can NOT purchase gas or Uber Eats with the spending card (Uber as a non-medical transportation benefit is accepted)

SILVER SNEAKERS

SilverSneakers is a free fitness program for seniors that's helping millions of boomers and beyond defy the odds, shatter stereotypes and answer every challenge with, "I can do this!" SilverSneakers includes unlimited access to every participating gym and fitness center in the network. ***That's a gym membership at more than 15,000 locations with unrestricted access to EVERY location.*** Weights, treadmills, pools and other amenities are included. We also offer fitness classes for all abilities led by our certified instructors at gyms and other locations. The gyms are yours. The amenities are yours. The classes are yours. Now go get 'em!

Find your nearest [Silver Sneakers Location by going here.](#)

YOUR WORKOUTS CAN ADD UP TO BIG SAVINGS WITH ***SilverSneakers Tuition Rewards***

As a SilverSneakers member, you can save thousands of dollars on tuition for your loved ones, simply by working out at a participating SilverSneakers location. It's easy—and free—with [Sneakers Tuition Rewards.](#)

OVER THE COUNTER (OTC) BENEFITS

Do you take Vitamins? Do you ever need an aspirin or take an Extra Strength Tylenol? Ever need band aids? Do you brush your teeth ... or at least SOAK them at night? If you answered "YES" to any of these questions, then you can benefit from the **Humana** Medicare Advantage Plans - ***OVER THE COUNTER (OTC) CATALOG***

This catalog is full of FREE STUFF you can order from Humana - all with no shipping or any other costs. You can print an order form and find out more here =

2023 HEALTHY OPTIONS SPENDING CARD AMOUNTS

If you have a Humana New HONOR plan, your ALLOWANCE is \$50 per month on a Healthy Options Spending Card.

If you have a Humana Dual DSNP plan, your ALLOWANCE is \$225 per month on a Healthy Options Spending Card.

[FOR THE 2023 OTC CATALOG - LINK HERE](#)

If you have a Humana Old HONOR plan, your ALLOWANCE is \$75 per quarter OTC credit.

If you have a Humana RPPO plan, your ALLOWANCE is \$45 per quarter credit.

If you have a Humana HMO or LPPO \$0 plan, your ALLOWANCE is \$50 per quarter credit

If you have a Humana LPPO \$47 plan, your ALLOWANCE is \$75 per quarter credit.

If you have a Humana HMO 026 plan, your ALLOWANCE is \$75 per quarter credit.

Humana Dental Benefits

Your \$0 premium Medicare Advantage Plan with Humana will include some Free Dental Coverage with no waiting periods, at no additional charge to you. Your plan will include cleanings, fillings, crowns, dentures, etc., really anything as long as it is NOT cosmetic. For more details, go online to www.humana.com/sb.

If your dentist is not in the network or cannot file your claim for you, you are able to file your own claim with simply your itemized statement from your dentist that includes your name and Humana ID number written on it. Simply mail it to the address on the back of your ID card: Humana Claims, PO Box 14601, Lexington, KY 40512-4601

[Dental Claim Form](#)

If you have a Humana New HONOR plan, you have a \$3000 annual benefit

If you have a Humana Dual DSNP plan, your have a \$3000 annual benefit

If you have a Humana Old HONOR plan, you have a \$2000 annual benefit

If you have a Humana HMO plan, you have a \$2000 annual benefit

If you have a Humana LPPO rebate plan, you have a \$500 annual benefit

If you have a Humana HMO 026 plan, you have a \$2000 annual benefit

Humana Vision

Humana Out of Network Vision Claim Form

Go365

For healthy lifestyle activities Humana rewards you with up to \$260 per year in gift cards. The program is called **Go365**. For more info you can look at these documents -

Go365 Rewards Flyer

IT'S PART OF YOUR HUMANA MEDICARE PLAN There's no extra charge – it's included in your plan. Just sign in at Humana.com and click on **Go365**. From there, you'll be able to view your **Go365** dashboard, track your activities and manage your connected activity trackers. Or you may request paper materials.

EARN REWARDS YOU CAN REDEEM FOR GIFT CARDS More healthy activities = more gift cards for you. ***Complete healthy activities like walking, getting your Annual Wellness Exam, or volunteering*** to earn rewards to redeem for gift cards. Once you've earned at least \$10 in rewards, choose your gift cards from the list of options.



Here are some examples - see the [Go365](#) website for more details -

GET HEALTHY: Preventive screenings

Annual Wellness Exam = \$25 1 per year

Mammogram = \$30 1 per year

Colorectal screening = \$50 for in person and \$20 for at home test kit 1 per year

Diabetic eye exam = \$25 1 per year

Hemoglobin A1c (HbA1c) test = \$10

Bone density screening = \$20 once every 2 years

GET INVOLVED: social and health education activities

• \$5 per month • 90 days to submit activity (\$40 annual maximum)

Attend a class or health education seminar offered by Humana Neighborhood Center or groups in your community. Examples may include a painting, dancing or nutrition class (in person or online) = \$5 in rewards

Complete an athletic event (e.g., 5k walk/run, cycling, tournament) = \$5 in rewards

Volunteer = \$5 in rewards

Attend a social club such as garden, book, religious, or sports/golf/ pickleball/walking, etc. (virtual or in person) = \$5 in rewards

Post or comment in the Go365 Medicare Community = \$5 in rewards

Complete a fitness event (e.g. dance competition, bocce ball tournament) = \$5 in rewards

GET ACTIVE: exercise and fitness

\$5 per month (\$60 annual maximum)

12 or more workouts a month. The Centers for Disease Control and Prevention recommends 150 minutes of activity a week to help manage or prevent health problems and maintain independence. = \$5 in rewards

SilverSneakers®

8 workouts per month - simply use your SilverSneakers® card
or connected activity tracker - like a FitBit (minimum of 500 steps/day)

You will earn \$5 per month - (\$60 annual maximum)

Here is a helpful site for Questions and Answers - [Go365's Community for Medicare](#)

Let's get [STARTED - GO HERE](#)

CONSENT FOR RELEASE OF PROTECTED HEALTH INFORMATION - HUMANA

Would you like (or do you need) for someone to be able to talk to Humana on your behalf? You can [use this form](#) to give them permission for either **Full** or **Limited Disclosure** on your behalf.

MOBILE APP

Humana Medicare Advantage has a fantastic [MOBILE APP](#) to help you manage your healthcare wherever you are. Review your coverage, check claims, view your member ID card and find in-network providers — all with a few clicks.

Go [here](#) to learn more about the [Mobile App](#) and to download it.

MY HUMANA ONLINE ACCOUNT

With your MY HUMANA online account you can manage and view tons of information about your plan such as =

- Medical plan summary - including how much of your Deductible and Out-of-Pocket has been met
- Check on your Coverage, Claims & Spending for the year
- Check on any Claim to get a complete summary from status to amount paid
- Click [here](#) to learn more.

Print a Temporary ID Card

You can print a temporary ID card through your MyHumana account by following these steps. The temporary ID card contains all the information that your normal card does, and most providers will accept it in place of your permanent card.

1. Go to www.humana.com

2. Log in to your MyHumana account.
3. From your home page, scroll down to the Tools & forms section.
4. Select Access your ID Card.
5. Click on Medical under "Your Plan".
6. Select View and print an ID card or Email an ID card.
7. If selecting email, on the next screen, enter your email address and submit.

Aetna Dental Benefit

For Reimbursement on the Aetna Dental Benefit the Member should send ...

1. itemized receipt showing the services provided
2. An indication that the services were already PAID by the member
3. Write the Member ID number on the bill
4. Mail to the address on the back of their ID card.

This address is on the back of the member ID card:

Aetna Medicare
P.O. 981106
El Paso, TX 79998-1106

What is **Medicare Advantage** and is it the right plan for me? Find out here in our [PART C - MEDICARE ADVANTAGE](#) video.

***Would you prefer to recuperate at **HOME**
instead of in a Nursing Home?***

Watch this [quick video](#) about a great plan to help you do just that. [Click here](#) for more details.

How Medicare's Private Plans Surpass the Traditional Program

Studies are showing that *Medicare Advantage Plans* are more cost effective than Traditional Medicare. Learn more by [going to this article](#).

PRICE MY DOCTOR

PriceMyDoctor.com provides consumers with the ability to obtain estimated pricing information for medical services based on the submitted charge by the Provider of Service for Medicare beneficiaries enrolled in the fee-for-service program. The estimated pricing information for the Provider's submitted charge for services on this site may be higher or lower for consumers with:

- Private health insurance
- No insurance coverage
- Federal & State health programs

MEDICARE ANNUAL ENROLLMENT PERIOD

The Medicare Annual Enrollment Period is every Fall - ***October 15th to December 7th.***

MEDICARE OPEN ENROLLMENT PERIOD

This is a period at the beginning of each year ***January 1st through March 31st*** when you can change the plan you chose in the fall to a different plan that may better fit your needs.

We appreciate you so much. Thanks again for your continued trust, loyalty, and friendship.

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