

Humana is Helping Veterans

Did you know we offer these opportunities for Veterans?

- **Educational workshops to help Navigating Medicare as a veteran**
 - Did you know that you may be able to enroll in a Humana Medicare Advantage plan AND keep your VA health and drug benefits?
- **Health and wellness educational programming**
 - Humana hosts over 35 classes each designed to help you and your members improve their health and wellbeing. These include classes on healthy weight loss and tools for positive mental health.
- **Promote healthy social connections and senior-specific fitness classes**
 - People, especially seniors socially engaged in activities at least once a week report higher levels of good health; activities such as walking groups and even coffee & conversations.

**Contact Eugene Beamus at 803-397-5783
to learn more about partnering with us.**