

Premium Plus NO REFERRALS

What's better than a
\$69 monthly
plan premium?

What about the freedom to choose your own specialist without the need for referrals?

At Humana, we believe that great things are ahead of you when your health is ready for them. Part of starting with healthy is choosing the right Medicare plan that fits your life and having the freedom to choose when you need extra support.

Compare your current plan with Humana Gold Plus with no specialty care referrals needed*. We think you'll find that Humana may give you more of the benefits you really want and other benefits that help you start with healthy, including:

- \$50 Over-the-counter quarterly medication allowance**
- SilverSneakers Fitness Program
- \$0 Copay on Tier 1 & 2 drugs for 90 day mail order prescriptions through Humana Pharmacy®, a pharmacy in the network with preferred cost sharing ***
- TruHearing Select – predictable copay for hearing aids
- Acupuncture benefit

You can also call now to reserve a spot at a neighborhood meeting to learn more:

Bend Senior Center

1600 SE Reed Market
Card Room

Oct. 10, 24 at 10 a.m.

Nov. 7, 21 at 10 a.m.

Black Bear Diner

429 NW Cedar Avenue
Banquet Room

Oct. 18 at 10 a.m.

Nov. 15 at 10 a.m.

Eastside BMC

1501 Medical Center Dr.
Physician's Lounge

Oct. 12, 26 at 10 a.m.

Nov. 16, 30 at 10 a.m.



**Call a Licensed
Humana Sales Agent**

RYAN FOX, Agent

(458) 206-9942 (TTY: 711)

Monday-Friday, 8 a.m. to 5 p.m.

www.humana.com/rfox

Humana®

*Prior authorization from the plan may be required for some services. Call a licensed Humana sales agent to find out what else you can get for \$69 premium.

**Available only through Humana's mail-order pharmacy; always consult with your doctor or medical provider before taking over-the-counter medications.

***Members can expect their prescription fills to be delivered in 7-10 days. For the status of orders please call Humana Pharmacy® at 1-800-379-0092 (TTY: 711) Monday-Friday, 8 a.m.-11 p.m. and Saturday, 8 a.m.-6:30 p.m. Other pharmacies are available in our network.

Humana is a Medicare Advantage HMO organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits, premium and member cost share may change on January 1 of each year. You must continue to pay your Medicare Part B premium. A licensed Humana sales agent will be present with information and applications. For accommodation of people with special needs at sales meetings, call 1-855-791-4087 (TTY: 711), 8 a.m. – 8 p.m., seven days a week. Applicable to Humana Gold Plus H1036-219 (HMO). This is not a complete listing of plans available in your service area. For a complete listing, please contact 1-800-MEDICARE (TTY users should call 1-877-486-2048), 24 hours a day/7 days a week or consult www.medicare.gov.

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Discrimination is against the law

Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Humana Inc. and its subsidiaries provide 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, in addition to free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call **1-877-320-1235** or if you use a **TTY, call 711**.

If you believe that Humana Inc. and its subsidiaries have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with Civil Rights/LEP/ADA/Section 1557 Compliance Officer, 500 W. Main Street -10th floor, Louisville, Kentucky 40202

If you need help filing a grievance, call **1-877-320-1235** or if you use a **TTY, call 711**.

You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at U.S. Department of Health and Human Services, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201, **1-800-368-1019**,

800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

Multi-Language Interpreter Services

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you.

Call **1-800-457-4708 (TTY: 711)**.... ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-457-4708 (TTY: 711)**.... 注意：如果□使用繁體中文，□可以免費獲得語援助服務。請致電 **1-800-457-4708 (TTY: 711)**。... CHÚ Ý: N□u b□n n□i Ti□ng Vi□t, có các d□ch v□ h□ tr□ ngôn

ng□ mi□n phí dành cho b□n. G□i s□ **1-800-457-4708 (TTY: 711)**.... 주의: 한국어를 사용하시는 경우, 언어 지원

서비스를 무료로 이용하실 수 있습니다. **1-800-457-4708 (TTY: 711)** 번으로 전화해 주십시오.... PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad.

Tumawag sa **1-800-457-4708 (TTY: 711)**.... Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-457-4708 (телетайп: 711)**.... ATANSYON: Si w pale Kreyòl

Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-800-457-4708 (TTY: 711)**.... ATTENTION :

Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-457-4708 (ATS: 711)**.... UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-800-457-4708 (TTY: 711)**.... ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-800-457-4708 (TTY: 711)**.... ATTENZIONE: In caso

la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-457-4708 (TTY: 711)**... ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با **1-800-457-4708 (TTY: 711)** تماس بگیرید.

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, kojí' hódííłnih **1-800-457-4708 (TTY: 711)**....

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-457-4708** (رقم هاتف الصم والبكم: 711).