

# Working to build healthy communities by bringing the right resources right into the neighborhood

EDUCATIONAL PROGRAMMING  
PRESENTED BY HUMANA

**Humana has developed many resources to help people find their path to good health and well-being, to help them take care of themselves and those who matter most to them.**

Humana is committed to figuring out new ways to help people find their path to good health and well-being. Programs-in-a-box is an initiative to provide educational health and wellness content to the communities we serve. Our comprehensive library features 50 classes on a variety of topics, each 30–60 minutes long, and designed to present easy-to-follow health and wellness presentations in a comfortable environment.

Providing more ways for communities to stay engaged with their health. We call that human care.

**Call a licensed Humana sales agent to schedule an event**



**PATRICIA EVELETH**  
**603-395-8223 (TTY: 711)**  
Monday – Friday, 8 a.m. – 5 p.m.



## Topics in the library



### **Health and lifestyle**

Adopting healthy lifestyle habits to help prevent disease and help keep participants feeling their best



### **Nutrition**

The basics of a healthy diet and tips for following one



### **Behavioral health**

Helping members of the community learn how to stay mentally happy and healthy, despite life's challenges



### **Caregiving**

Helping caregivers learn how to care for others without sacrificing their own health or well-being



### **Health literacy**

Helping older adults learn more about healthcare so they are able to play an active role on their healthcare team



### **Technology**

Teaches the basics of using computers and smartphones

**Humana**<sup>®</sup>

## Current topics available

The list below includes all of the class topics that are currently available. Note: This list is subject to change. All programs are available in English, Spanish and Chinese.

Category	Specific presentations currently available	
<b>General health and lifestyle</b>	<ul style="list-style-type: none"> <li>• Healthy brain</li> <li>• Healthy sleep</li> <li>• 5 sneaky causes of weight gain</li> <li>• Headaches decoded</li> <li>• Simple steps to help prevent falls</li> <li>• Battling the aging brain</li> <li>• Making a healthy change</li> <li>• Living healthy to 100</li> <li>• Fall asleep, stay asleep</li> </ul>	<ul style="list-style-type: none"> <li>• Brain boot camp</li> <li>• Battling dangerous belly fat</li> <li>• Boost your digestion</li> <li>• Seasonal allergies: Relief from wheezing and sneezing</li> <li>• Simple steps to boost your immune system</li> <li>• 10 tips to boost your energy</li> <li>• Give your brain a boost</li> </ul>
<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Sneaky sodium: Tame your salt habit</li> <li>• Test your nutrition IQ</li> <li>• Good foods for your gut</li> <li>• Good fats, bad fats</li> <li>• Eating healthy when eating out</li> <li>• Fruits and vegetables: Color yourself healthy</li> <li>• Healthy eating to control cholesterol</li> <li>• The shakedown on sugar</li> <li>• Get smart about food labels</li> <li>• Superfoods</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch your grocery dollars</li> <li>• The truth about carbs</li> <li>• Organic foods: To buy or not to buy</li> <li>• How nutrition changes as you age</li> <li>• Is your plate heart-healthy?</li> <li>• Protein: Are you getting enough?</li> <li>• Cooking for one</li> <li>• Foods to boost your brain power</li> <li>• Rate your plate</li> <li>• Clean eating: Ditch the processed food</li> </ul>
<b>Behavioral health</b>	<ul style="list-style-type: none"> <li>• Habits of happy people</li> <li>• The power of positivity: When life gives us lemons</li> <li>• Aging happily</li> </ul>	<ul style="list-style-type: none"> <li>• Boosting your mood with food and fitness</li> <li>• Staying social: How to do it right</li> <li>• Decompress from stress</li> </ul>
<b>Health literacy</b>	<ul style="list-style-type: none"> <li>• Partner with your doctor</li> <li>• Medicines: What you should know (clinician only)</li> </ul>	
<b>Caregiving</b>	<ul style="list-style-type: none"> <li>• Caregiver survival tips</li> <li>• 5 steps for advance care planning</li> <li>• Housing options for older adults</li> </ul>	
<b>Technology</b>	<ul style="list-style-type: none"> <li>• Tech 101</li> <li>• Protect yourself against scams</li> <li>• Using technology to stay connected</li> </ul>	

# Important!

## At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status, or religion. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:  
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618  
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 their Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019, 800-537-7697 (TDD)**.
- **California residents:** You may also call California Department of Insurance toll-free hotline number: **1-800-927-HELP (4357)**, to file a grievance.

## Auxiliary aids and services, free of charge, are available to you. 1-877-320-1235 (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.

## Language assistance services, free of charge, are available to you. 1-877-320-1235 (TTY: 711)

**Español (Spanish):** Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

**繁體中文 (Chinese):** 撥打上面的電話號碼即可獲得免費語言援助服務。

**Tiếng Việt (Vietnamese):** Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

**한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

**Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

**Русский (Russian):** Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

**Kreyòl Ayisyen (French Creole):** Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

**Français (French):** Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

**Polski (Polish):** Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

**Português (Portuguese):** Ligue para o número acima indicado para receber serviços linguísticos, grátis.

**Italiano (Italian):** Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

**Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

**日本語 (Japanese):** 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

**فارسی (Farsi)**

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

**Diné Bizaad (Navajo):** Wóda hí béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowól.

**العربية (Arabic)**

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك