

Join us and learn what your plan can do for you

To make the most of your benefits, please join us in any of the informational meetings below by registering online at <http://huma.na/2021ME> (the URL is case sensitive and must be entered as shown). After registering, you may join a meeting by dialing 1-562-247-8422 and entering the access code 175-516-906, or by clicking the link in the confirmation email you received upon registering. All meetings are Eastern time.



For more information or accommodation of persons with special needs, call the number on the back of your ID card, Monday – Friday, 8 a.m. – 9 p.m., Eastern time.



MAY 2021

Tues., May 4 | 11 a.m. and 2 p.m.

Bringing Humana to You

Thurs., May 6 | 11 a.m.

Decompress from stress

Tues., May 11 | 11 a.m. and 2 p.m.

Bringing Humana to You

Thurs., May 13 | 11 a.m.

Partner with your doctor

Tues., May 18 | 11 a.m. and 2 p.m.

Bringing Humana to You

Thurs., May 20 | 11 a.m.

Eating healthy when eating out

Tues., May 25 | 11 a.m. and 2 p.m.

Bringing Humana to You

Thurs., May 27 | 11 a.m.

MyHumana & SilverSneakers®

JUNE 2021

Tues., June 8 | 11 a.m. and 2 p.m.

Bringing Humana to You

Thurs., June 10 | 11 a.m.

Decompress from stress

Tues., June 15 | 11 a.m. and 2 p.m.

Bringing Humana to You

Thurs., June 17 | 11 a.m.

Partner with your doctor

Tues. June 22 | 11 a.m. and 2 p.m.

Bringing Humana to You

Thurs., June 24 | 11 a.m.

Eating healthy when eating out

Tues., June 29 | 11 a.m. and 2 p.m.

Bringing Humana to You

JULY 2021

Thurs., July 1 | 11 a.m.

MyHumana & SilverSneakers®