



Humana is in your neighborhood

Whether it's a fun game, fitness class, a health education class, or just a place to hang out, Humana Neighborhood Centers® provide a variety of no-cost educational and recreational opportunities for adults.* Find us online or in-person.

Our on-site and virtual educators empower participants to take control of their own well-being through educational health, fitness, nutrition, and lifestyle programming in a welcoming and inclusive environment. Our online Virtual Neighborhood Center and our in-person locations offer a unique calendar of special events, programs and activities designed to help improve physical and mental health. Many services can be used by anyone at no cost. Humana membership is not required to participate in most activities.

What can you do at your neighborhood Humana location?

- Focus on how to improve health
- Stay social
- Nutrition and cooking demos
- Virtual health and wellness classes
- Help with health plans

Find the Humana Neighborhood Center classes that are right for you

HumanaNeighborhoodCenter.com to see a full list of virtual activities and to RSVP for classes and other events.

Humana.com/Humana-neighborhood-centers to find a location near you.

*Consult your doctor before beginning any new diet or exercise regimen.

Humana®

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618. If you need help filing a grievance, call the number on your ID card or if you use a TTY, call 711.

Auxiliary aids and services, free of charge, are available to you.

Please call the number on your ID card. If you use a TTY, call 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.

This information is available for free in other languages. Please call our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m. Eastern time.

Español (Spanish): Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711)**. Horas de operación: 8 a.m. a 8 p.m. hora del este.

繁體中文 (Chinese): 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：711)**。辦公時間：東部時間上午 8 時至晚上 8 時。

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