

Choose a caregiver to help you

You may find it useful to choose a family member or friend you trust who can talk to Humana on your behalf—someone who can help you along your health and well-being journey.



Visit [Humana.com/caregiver](https://www.humana.com/caregiver) to learn more about naming a caregiver and how to submit the Consent for Release of Protected Health Information (PHI) form.



A registered family or friend caregiver can:



Speak to Humana on your behalf about your plan



Help keep track of your benefits and claims



Get answers to healthcare questions



Receive information and advice on caregiving from Humana

Take the wait out of the waiting room



Avoid Mondays—generally the busiest day for most doctors



Ask for the first appointment of the day or the first after lunch



Ask to fill out any needed forms ahead of time



Take your Humana member ID and photo ID with you

Make the most of your appointment

- Jot down questions for your doctor before you go
- Bring your medical history and any records you want to discuss
- Invite a friend, family member or caregiver to help listen and write down what your doctor says
- Take along a list of your medicines, your other doctors or specialists and your pharmacies
- Ask your doctor about anything you want to learn more about

Screenings you'll need

The Centers for Disease Control and Prevention recommends these common screenings for people of average risk.*

Take this checklist to your appointment and ask your doctor which screenings you need and when you should have them. Your Humana health plan may cover these at no additional cost to you.



Visit [Humana.com/FindaDoctor](https://www.humana.com/FindaDoctor) to search for doctors in your plan's network.



Screening type	How often?
PHYSICAL EXAM AND HEALTH GUIDANCE	
<input type="checkbox"/> Weight, height, blood pressure and level of exercise or physical activity, risk of falling, body mass index (BMI)	Once a year
<input type="checkbox"/> Cholesterol check	Every 5 years
<input type="checkbox"/> Bone density (women)	Ask your doctor
VACCINES¹	
<input type="checkbox"/> Influenza (flu) virus	Yearly
<input type="checkbox"/> Pneumococcal (pneumonia)	One time (may need booster)
<input type="checkbox"/> Shingles	Ask your doctor

Screening type	How often?
CANCER SCREENINGS	
<input type="checkbox"/> Colonoscopy	Every 10 years
<input type="checkbox"/> Flexible sigmoidoscopy	Every 5 or 10 years with a FIT test every year
<input type="checkbox"/> Home test kit (FOBT/FIT**)	Yearly
<input type="checkbox"/> Mammogram (women)	Every 2 years
<input type="checkbox"/> Pap test and pelvic exam (women)	Ask your doctor
<input type="checkbox"/> Prostate exam (men)	Ask your doctor

**Fecal occult blood test/Fecal immunochemical test

Screening type	How often?
DIABETES SCREENING AND MANAGEMENT	
<input type="checkbox"/> Blood sugar test (HbA1c)	Ask your doctor
<input type="checkbox"/> Comprehensive eye exam	Ask your doctor
<input type="checkbox"/> Urine test for nephropathy (kidney disease)	Ask your doctor

*This material is for informational use only and should not be construed as medical advice or used in place of consulting a licensed medical professional. You should consult with your doctor to determine what is right for you.

Be sure to talk to your doctor about these health concerns



If you've got bladder leakage, holding it is harder or you're always going

Bladder control issues may be a sign of something more serious. Your doctor can help you find the best treatment options available to you, which may include:

- Bladder control exercises
- Medication
- Surgery



You want to verify that two or more medicines are OK to take together

Remember to take a list of your medicines, vitamins and supplements (including over-the-counter medications) to every appointment.

Your doctor can help you avoid dangerous drug interactions and you may be able to save money by switching to lower-cost generic alternatives.



Feeling dizzy or unsteady, unsure of your balance, at risk of falling

Here are some things that might help lower your risk of falling:

- Regular exercise, including an exercise or physical therapy program
- Using a cane or walker
- Hearing and vision tests and keeping blood pressure under control²







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