

Over-the-counter items can add up. That's why your Humana plan helps you pay for them.

Your 2024 over-the-counter allowance is easy to use

First, activate your card

Simply visit HealthyBenefitsPlus.com/Humana or download the Healthy Benefits+™ mobile app or call 1-855-256-4620 (TTY: 711) anytime.

Then

Your over-the-counter (OTC) allowance is automatically loaded to your Humana Spending Account Card. So you can use the same card as you do for any other plan allowances you may have.

OTC-approved items for purchase include:

- Hormone replacement
- Weight loss items
- Fiber supplements
- First aid supplies
- Incontinence supplies
- Medicines
- Mouth care
- Minerals and vitamins
- Ointments and sprays with active medical ingredients that alleviate symptoms
- Topical sunscreen
- Support items for comfort

Spend your allowance at participating locations—and save

Your allowance helps pay for the things you need to support your health and can be used at participating retail locations throughout the year. Check your Summary of Benefits for the dollar amount of your OTC allowance, whether it's month or quarterly, and whether your unused allowance rolls over to the next period. You'll receive more information about participating stores when your card arrives in the mail.

Humana A more human way to healthcare™



Call me, your licensed sales agent



Blake Caldwell

425-530-5273 (TTY: 711)
BLAKE.CALDWELL@
HEALTHMARKETS.COM
8 a.m. – 5 p.m.

Allowance amounts cannot be combined with other benefit allowances. Limitations and restrictions may apply.

This advertisement was sent by an independent agent licensed to sell Medicare plans. If you do not want to receive future mailings from this agent, please contact the agent to be removed from their mailing list.

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

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, **877-320-1235 (TTY: 711).**

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

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): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **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。