

Humana Offering Wellness, Employee Assistance and Integrated Behavioral Health Programs

McGohan Brabender would like to let you know about a few programs Humana offers to Humana small business members as a complement to their medical plan. These include wellness, employee assistance, and integrated behavioral health programs.

The Humana Wellness Program encourages better health decisions, behaviors, and lifestyles. The ultimate goals are to help employees be more productive, miss less work, and have lower long-term healthcare costs. The program focuses on six health topics: tobacco cessation, stress management, back care, weight management, physical activity, and nutrition.

Integrated Behavioral Health

Humana's nursing support programs address the member's needs, both body and mind. The nurse creating the member's care plan can consult with a behavioral health specialist, or the nurse may suggest the person work directly with a care specialist. This program works with the member to meet care plan goals, creating a relationship that can promote positive results.

Humana's Employee Assistance Program (EAP) is a confidential source to help employees better manage stress and anxiety, work life, and family issues. The EAP helps employees achieve a healthy balance of managing both their work requirements and their personal obligations. Employees can call a toll-free number for help anytime day or night. The EAP is available to all employees even if they do not select a Humana medical plan.

New 2-99 businesses will receive this comprehensive program starting March 1, 2007. Current small business customers will receive the program at their next renewal date starting with March 1, 2007, renewals.

Should you have any questions, please contact your McGohan Brabender account representative.