

Your %%Address_Name%%



Get Pumped About Heart Health

It's heart health month! Your Humana Guidance Center is here to help you take steps to a healthier heart and a healthier you.

Healthy U: Healthy Heart – Learn how to care for your most important muscle: your heart. This session is offered to you at no cost.

%%Event1_Day%%
%%Event1_Time%%

Call %%Phone_CTA%% (TTY: **711**) for more information and ask for a calendar with the center's monthly events.



Your %%Address_Name%% is here to help you live a healthier, happier life through fitness classes, health and wellness seminars, social activities, and more — at no cost to you!

[→ Click for your calendar](#)

Your Guidance Center



Your Weekly Guidance Center Schedule



*Humana Medicare Advantage members only. Please bring your Humana member ID card for verification purposes.

<i>Your</i> %%Address_Name%%	%%Address_Phone%% (TTY: 711)	%%Hours_Days%%
%%Address_Street%%	<u>Humana.com/GuidanceCenter</u>	%%Hours_Time%%
%%Address_Location%%		%%Cust_Message%%

Please do not reply to this email; although we'd love to hear from you, this email box is not monitored. For questions about your health plan, please contact the Customer Care number on the back of your Humana ID card (TTY: **711**).

If you don't want us to contact you by email, you can [unsubscribe](#) from our online community. For more information about Humana coverage or the company providing these benefits, please visit [Humana.com](#).

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