

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.

*Your* %%Address-Name%%  
%%Address-Street%%  
%%Address-Location%%

%%Address-Phone%%, (TTY: **711**)  
[Humana.com/GuidanceCenter](#)

%%Open-Days%%  
%%Open-Hours%%

**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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This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis, or treatment. Consult your doctor if you have questions or concerns.

**Humana**  
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