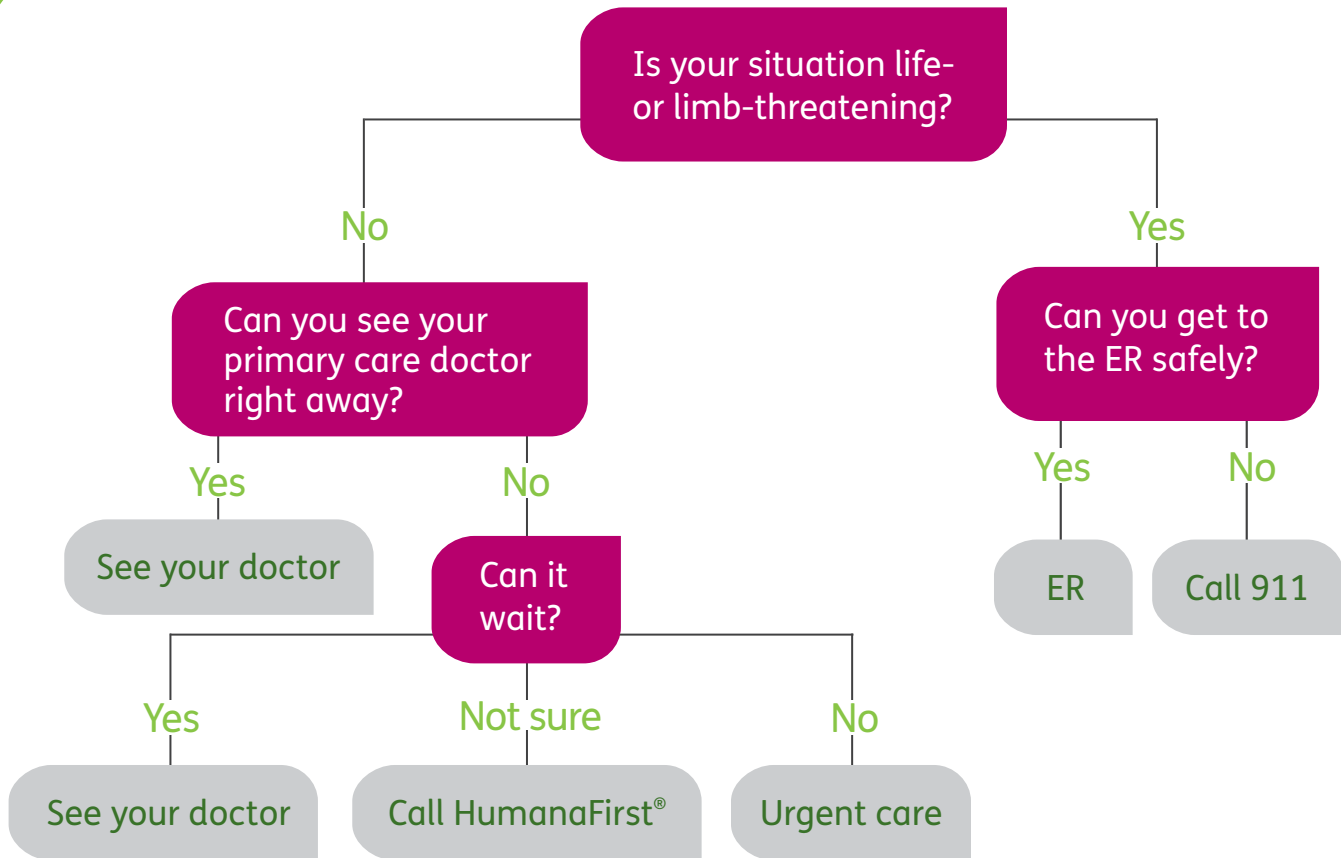


Is it an emergency?

Choosing your care for a sudden medical problem



True emergencies:

- Having a hard time breathing
- Very bad or deep cuts
- Broken bone or other bad injury
- Blacking out or severe weakness
- Chest pain or intense stomach pain
- Lots of bleeding
- Drug or chemical poisoning
- Severe burns or frostbite
- Symptoms of a stroke:
 - Difficulty talking (slurred speech)
 - Weakness on one side of the body, in an arm or leg
 - Lopsided facial expression

Problems that need to be taken care of soon with your doctor or at an urgent care center:

- Minor cuts
- Minor back pain that won't go away
- Minor burns
- Sinus or respiratory (airway and lung) infections
- Flu and cold symptoms
- Earaches and sore throats
- Sprains and strains
- Bronchitis (inflammation inside the lungs)
- Fever

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Resources

Call the **HumanaFirst**[®] Nurse Advice Line at **1-800-622-9529**, 24 hours a day, seven days a week. If you use a TTY, call **711**. You will be directed to a nurse who will answer your healthcare questions.

MyHumana, your secure online account on **Humana.com**, helps you manage your healthcare costs, claims, and benefits. It also helps you stay informed on health topics that matter most to you.

To sign up for **MyHumana**, visit **Humana.com**. You also can find the urgent care center nearest you on your **MyHumana** pages. Just click on “Doctors & Rx” and then choose “Doctors & Hospitals.”

SmartSummary[®] gives a full picture of your healthcare services and related costs. **SmartSummary** shows you things like when you were in the hospital, copayments, deductibles, doctor’s visits, and urgent care center visits.

To see your **SmartSummary** online:

1. Sign in to **MyHumana**
2. Click on “**My Claims & Spending**” and then choose **SmartSummary**

Sources: Steve Lee, M.D., chief medical officer for Humana Senior Products, North Central Florida.

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This publication offers general health-related information and is not a substitute for professional healthcare. For individualized medical guidance, talk to your doctor.

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