

## Expect more

You won't give up your Medicare coverage by enrolling in a TeamCareGold plan. Humana's Group Medicare plans offer all the benefits of Original Medicare plus extra coverage.

Keep in mind, you are still in the Medicare program, you keep all of your Medicare rights and protections and you receive extra benefits and services, along with your basic Medicare coverage.

## For more information

### Humana Group Customer Care

**800-733-9064 (TTY: 711)**

Monday – Friday, 8 a.m. – 9 p.m.,  
Eastern time

### Centers for Medicare & Medicaid Services (CMS)

**800-MEDICARE (800-633-4227),**

**TTY: 877-486-2048** (Available 24/7)

[www.medicare.gov](http://www.medicare.gov)

### Central States Health and Welfare and Pension Funds

P.O. Box 5109, Des Plaines, IL 60017-5109,

**800-323-5000 (TTY: 711),**

[www.MyCentralStatesPension.org](http://www.MyCentralStatesPension.org),

[www.MyTeamCare.org](http://www.MyTeamCare.org)

Humana is a Medicare Advantage PPO plan with a Medicare contract. Enrollment in this Humana plan depends on contract renewal.

TeamCareGold is a selection of Medicare Advantage health plans, all of which were designed by and are solely administered by Humana, with the approval of CMS Medicare. Central States Health and Welfare and Pension Funds has no control over either the benefits or the administration.

## 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.

**English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (TTY: 711)**. **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 (TTY: 711)**。



## TeamCareGold Medicare Advantage plan

### A Medicare program for Teamster retirees

In cooperation with Central States Health and Welfare and Pension Funds, Humana is offering TeamCareGold Medicare Advantage plans to Teamster retirees and their spouses.

## Coverage when you need it

Central States is pleased to make available a family of Medicare Advantage health plans from Humana, created for retirees. TeamCareGold provides health benefits at a time when you need them most.

TeamCareGold plans provide more medical and prescription benefits than offered by Original Medicare. TeamCareGold plans are priced below or at the market value compared to similar Humana plans in your area.

## Medical, Rx and more

TeamCareGold is more than medical and prescription drug coverage; TeamCareGold includes extra benefits and services for your health and well-being.

The TeamCareGold plans combine Medicare Part A (hospital), Part B (physician and other medical services) and Part D (prescription drug) all into one package of benefits.

Once you are enrolled in TeamCareGold, your provider will submit all of your healthcare claims, including drug claims, to Humana. With TeamCareGold, there is virtually no paperwork for you to file and you only work with one health insurance company.

## A choice of plans

Depending on where you live, TeamCareGold offers several plans competitively priced for your area. Your Humana representative can help you decide which TeamCareGold plan is best for you.

## Extra benefits and services

TeamCareGold plans do more than just provide medical and prescription drug coverage.

TeamCareGold plans offer several extra benefits and services for your health and well-being, including:

- A fitness membership with access to more than 13,000 locations nationwide, with use of all basic amenities plus SilverSneakers® group fitness classes.
- MDLIVE® virtual visits connect you with your provider via telephone or video chat using your phone, tablet or laptop.
- Emergency coverage worldwide.
- Humana's personal health coaching, available at no extra cost to you. With the support and guidance of your personal health coach, you can make positive changes and bring balance to your life.

## Take a look

TeamCareGold offers plans with more enhanced benefits than similar Humana plans in your area. Humana can help you select the right plan for you.

You must be enrolled in Medicare Part A and Part B before enrolling in any Medicare Advantage plan, including a TeamCareGold plan available through Humana. Part B helps cover physician and other medical services and has a premium, typically deducted from your Social Security check.

