



Healthy Foods Card

2020 AGENT TOOLKIT

Humana[®]

GHHKLW8EN 0819



Healthy and nutritious food is now in reach with the Healthy Foods Card

Members with this plan benefit can buy approved healthy foods at participating retailers



Easy, quick, convenient

The Humana Healthy Foods Card helps members, with the Healthy Foods Card benefit as part of their plan, extend monthly food resources when financial barriers can otherwise limit access to an adequate food supply. The card will be offered with \$25 or \$50 allowance amounts per month, depending on the member's plan. Any unused amount per month does not roll over to the following month.

Using the card is simple for members



Approved food will automatically be paid for up to the available balance. The member can use the Healthy Foods Card just like a credit card.

The card can be used at thousands of participating stores, including CVS, Dollar General, Family Dollar, Walgreens and Walmart. To see which Humana plans include this benefit, visit [firstlook.Humana.com](https://www.humana.com/firstlook).

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Healthy and nutritious food is now in reach with the Healthy Foods Card

Healthy Foods Card benefit frequently asked questions (FAQ)

What is the Healthy Foods Card?

The Humana Healthy Foods Card helps members, who have this benefit as part of their Humana plan, to extend monthly food resources when financial barriers can otherwise limit access to an adequate food supply. The card will be offered with \$25 or \$50 allowance amounts per month. Any unused amount per month does not roll over to the following month.

How do members use their cards?

Using the card is simple:

- Activate the card
- Visit a participating store
- Shop for approved healthy foods
- Check out
- Swipe the Healthy Foods Card first to pay for approved purchases

To see which Humana plans include this benefit, visit [firstlook.Humana.com](https://www.firstlook.humana.com).

Approved food will automatically be paid for up to the available balance. A separate method of payment will be required for ineligible items or if the cost of the items exceeds the balance on the card.

Call the number listed on the back of your card or visit www.HealthyFoodsCard.com to check your balance.

Humana Customer Care will be available to assist members with lost or stolen cards or any other card issues.

Humana's Health Foods Card benefit

Here's a list of items that can be purchased by members who have this benefit as part of their plan:



Perishable foods

- Dairy (milk, cheese, butter, sour cream and whipping cream)
- Whole eggs and egg substitutes
- Yogurt
- Margarine
- Soy and other nut milks
- Lard
- Ready-to-eat soups, meals and sandwiches
- Deli items—processed and fried
- Produce (fruits and vegetables)
- Meats—poultry, ground beef, beef
- Processed meats—sausage, jerky, lunch meat
- Seafood
- Bakery (pies, cakes, muffins)
- Bread, rolls and tortillas



Beverages

- Dry and liquid/concentrated drink mixes
- Soda
- Cocoa, coffee and tea (dry or liquid)
- Juices (includes sparkling)
- Juice blends, drinks and punches (includes sparkling)
- Bottled water
- Enhanced water
- Sport drinks—Gatorade, etc.
- Bottled energy drinks
- Ice
- Sparkling water



Nonperishable foods

- Baking/cooking supplies (baking powder, yeast, etc.)
- Puddings and gelatin
- Flours, cornmeal, nut and seed flours, bread/biscuit mixes
- Sugar—white, brown and powdered
- Cake/cookie mixes, frosting, chocolate chips, marshmallows, decorations
- Herbs, spices and seasonings
- Oils and shortening
- Condiments, sauces, dips, mayonnaise and salad dressing
- Tomato/spaghetti/alfredo/nutritionally significant sauce
- Jams, jellies, sweet spreads, syrup
- Peanut butter and other nut butters
- Cereal (hot and cold), pancakes and waffles
- Breakfast foods (toaster pastries, cereal bars, granola and granola bars)



Frozen foods

- Ice cream, frozen yogurt, sherbet
- Other desserts/sweets
- Fruits and vegetables
- Appetizers, french fries, onion rings, etc.
- Meats
- Seafood
- Juices
- Prepared food
- Stews, pizza, heat and eat, soy burgers



Here are a few things that aren't approved

- Pet food
- Alcohol
- Tobacco or vaping products
- Household, cleaning or personal hygiene products
- Over-the-counter health products
- Lottery or any gaming tickets