

Humana

As an employee of LifeX you have access to Dental and Vision benefits through Humana. Below are the details in how to access your digital ID cards for these benefits.

Reimbursement Information:

Please use the reimbursement form if needed for these services. See below for the form.

[Documents and Forms for Humana Members](#)

The Humana digital ID cards are available in the Humana portal. Please see document on the next page for instructions.

Sign-In Details:

- Plan Type: "Something Else".
 - If they're using their member ID, they only want to use the first 9 digits, the "01,02 etc" after the member ID number identifies if it's the Employee, Spouse or child.
 - Anyone over the age of 18 can create their own account.
-

**Anybody over 18 will have to create their own account to access their card, though dependents under 18 will show with the primary's account.

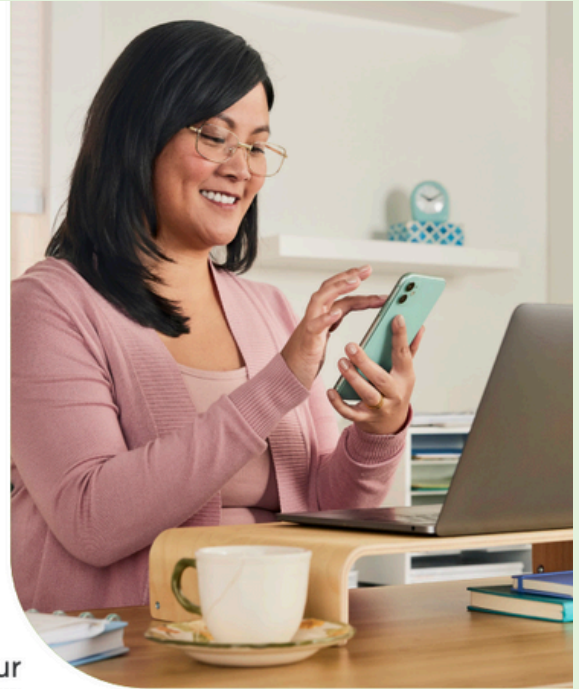
Humana



Manage your Humana plan online

MyHumana on the go

Once you become a Humana plan member, you get the most out of your plan with a MyHumana account, and take your Humana essentials wherever you go with the **MyHumana mobile app**.

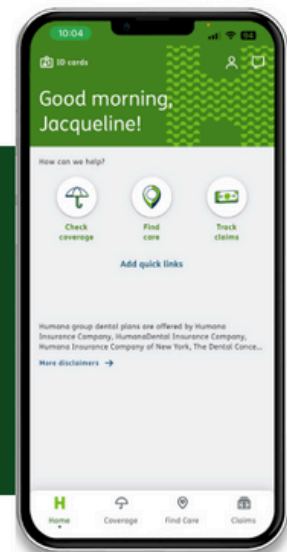


Depending on your plan, you can use the app to:

- Explore coverage and benefit details the moment you need them
- Get your member ID cards and add them to your phone's wallet
- Find care close to you and get directions on your phone's map app
- Review claims status
- Estimate your out-of-pocket costs before your appointment
- Access your exclusive member discounts



Once your Humana plan coverage begins, go to **MyHumana.com** to activate your account or **download and register on the MyHumana app** for iOS and Android. Learn more at **Humana.com/member/manage-your-account**



Humana®

GCHMKYAE 0325

App Store and Google Play app store are registered trademarks of Apple Inc. and Google. All rights reserved. Apple and Google are not participants in or sponsors of this promotion.