

# Humana Center Offers More Than Just Guidance

The bulletin board on the back wall of Humana's Guidance Center in Mesa features an array of photographs of active adults over 50 dancing, knitting hats, sipping tea, playing Wii bowling and celebrating with cupcakes. In all of the photos the wide smiles relate the good times being had by all.

"We're here for people to come, enjoy and experience all our free, unique activities," says Kathleen Ricketts of Humana in Phoenix. "I think the neatest thing that's come out of this is people have made friends."

The Mesa location is one of 15 guidance centers Humana has opened across the country and is so far the only one in Arizona. The aim of the centers is to provide a comfortable location for Humana members and prospective members who are evaluating their health-care options as they wade through the ins and outs of coverage plans. The Guidance Center offers the opportunity to obtain in-person advice on claim questions, Medicare plans, prescription pricing and other health coverage-related issues.

But Humana's concept is to be much more than simply an information resource center.

The Humana Guidance Center also offers an education component with physician lectures and wellness classes, as well as a slew of fun, free activities offered to the public to enjoy. The best part—you don't have to be a Humana member to participate in any of the programs.

Activities at the Guidance Center include monthly tea parties, healthy cooking demonstrations, carnivals and games. Programs are also offered at the center that allow area residents to give back to the community. Some of those programs include food drives, blood donations and a popular program called "Caps for a Cure," where a knitting group gathers once a month to crochet hats for cancer patients, with all of the supplies provided by Humana.

"It's not just for members and it's not about selling anyone anything. It's really more of a community center," says Ricketts. "It's all about creating a positive experience and socializing."

The Mesa location opened last September and has grown to become a much-loved part of the community. Many regulars show up each Monday morning for free coffee and pastries and

to meet new people and make friends.

The newest program being launched at the Humana Guidance Center is the Freewheelin' Bike-Sharing program, which will begin in November. The center will be providing 25 new bikes that will be rented free-of-charge to anyone who walks through the door. Riders will also be provided with helmets and riding training if necessary, all at no charge.

The Bike-Sharing program began in Louisville, Kentucky in 2007 and has been a popular addition to guidance centers across the country, says Anna Hobbs of Humana.

"Bicycling is such a great way for people to get out, explore their community, exercise and have fun," Hobbs says. "The Bike-Share program is a great way for anyone to enjoy the joys of riding a bike for free." ■

*For more information visit the Humana Guidance Center at 5943 E. McKellips Rd., Mesa, (480) 325-4707 or [www.humana.com](http://www.humana.com).*