

# Humana Employees Reach Bold Goal, Achieving 20 Percent more Healthy Days

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*Employees gained 2.3 million Healthy Days over the past few years and set a new goal of 500,000 more by 2022*

LOUISVILLE, Ky.--(BUSINESS WIRE)--Employees of [Humana Inc.](#) (NYSE: HUM) have reached their Bold Goal of achieving 20% more Healthy Days, gaining 2.3 million more Healthy Days – or roughly an extra week of better days per year for each associate – compared to their starting point.

Employees went from an average 6.1 Unhealthy Days per month in 2012 to 4.9 Unhealthy Days in 2018.

Humana's Bold Goal is a business and health strategy to help improve the health of the communities the company serves 20 percent by 2020 and beyond, by making it easier for people to achieve their best health. By using Healthy Days, a population health tool developed by the Centers for Disease Control and Prevention, Humana is able to measure self-reported mental and physical Unhealthy days of an individual over a 30-day period.

Determined to lead from the front, Humana employees strived to achieve the 20 percent improvement within their own workforce community. They found that the [Bold Goal](#) – with its focus on healthier living, addressing chronic conditions such as diabetes and depression, as well as the social determinants of health like food insecurity and loneliness – inspired an even greater sense of purpose in their work and teams.

The Bold Goal has further energized Humana's already strong commitment to its employees and improving the four holistic dimensions of well-being -- Purpose, Health, Belonging and Security. The result is a community of over 40,000 employees who have experienced very personal improvement in day-to-day life. They are emotionally and physically healthier, have stronger relationships and are more optimistic, creative and productive.

"We're all incredibly proud of this achievement," said Tim State, Senior Vice President of Associate Health and Well-being at Humana. "Working toward our Bold Goal has brought us together and quickened the pace of our well-being movement. Well-being journeys are personal, but it's challenging to find your best health alone. We've been helping and inspiring one another, and along the way we've learned how to better help our members achieve a better mental and physical quality of life. It's a reason to celebrate, and to keep striving."

Fresh off the Bold Goal success with its employees, Humana renewed its commitment and set a new goal to achieve 500,000 more Healthy Days by the end of 2022. The new milestone will continue to inspire employees toward Humana's ultimate purpose of helping people achieve lifelong well-being. And it reinforces the fact that our employees and our members are on this well-being journey together.

The new Bold Goal 2022 target for Humana employees will sustain momentum and build upon what the company has learned about Healthy Days and improving health outcomes. To get there, Humana will continue to focus on a whole-person view of health while creating and embedding population health strategies throughout the enterprise.

## **About Humana**

Humana Inc. (NYSE: HUM) is committed to helping our millions of medical and specialty members achieve their best health. Our successful history in care delivery and health plan administration is helping us create a new kind of integrated care with the power to improve health and well-being and lower costs. Our efforts are leading to a better quality of life for people with Medicare, families, individuals, military service personnel, and communities at large.

To accomplish that, we support physicians and other health care professionals as they work to deliver the right care in the right place for their patients, our members. Our range of clinical capabilities, resources and tools – such as in-home care, behavioral health, pharmacy services, data analytics and wellness solutions – combine to produce a simplified experience that makes health care easier to navigate and more effective.

More information regarding Humana is available to investors via the Investor Relations page of the company's web site at [www.humana.com](http://www.humana.com), including copies of:

- Annual reports to stockholders

- Securities and Exchange Commission filings
- Most recent investor conference presentations
- Quarterly earnings news releases and conference calls
- Calendar of events
- Corporate Governance information

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