

Don't forget about the other services available to assist the KEHP members and their dependants in achieving better health. Humana provides the Humana Health Assessment and health coaching services. Active Health provides disease management and the Why Weight KY program. Smoking cessation services are available at the KY Quitline (1-800-QUIT-NOW), through Humana health coaching, or through the Kentucky Cancer Program Cooper Clayton classes.

For more information on the Humana services visit www.myhumana.com or call 1-866-671-4536 for health coaching and 1-866-444-6096 to take the Humana health assessment.
For Active Health disease management and Why Weight KY call 1-877-KY-SPIRIT (1-877-597-7474).
For the Kentucky Cancer Program call 859-219-0772 or visit www.kcp.uky.edu.