

For 25-31 March

HANDLE CHALLENGES WITH THE HELP OF HUMANA MILITARY’S LIFE MANAGER TOOL

Humana Military provides online tools to help you manage your health and wellness in all areas in your life.

You can take advantage of an online tool called Life Manager that provides information and resources to help you manage your life and work priorities.



Using this tool, you can take five-minute self-assessments online that help you instantly evaluate your decisions and actions, with topics ranging from anger and conflict to parenting and finances.

To check out Life Manager, go to www.humana-military.com, select “Beneficiary,” choose “Wellness,” select “Mental Health” and choose “Achieve Solutions.” From there, you will find the Life Manager tool.

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