

It's not healthcare as you know it. It's healthcare as you need it.

Connect with your care team.



When:

Monday & Tuesday, 8 a.m. – 4:30 p.m.
Wednesday, 9:30 a.m. – 6 p.m.
Thursday & Friday, 8 a.m. – 4:30 p.m.



Where:

5701 E. Hillsborough Ave., Suite 2100
Tampa, FL 33610
Phone: (813) 379-9519
Fax: (813) 515-8350



Who can use the center?

Services are available to Humana associates located in or visiting Tampa and family members (newborn and above) on the company medical plan.



How to get started:

Schedule a visit on the My Premise Health app or at mypremisehealth.com. Walk-ins are welcome.



Your services at the Humana Health & Well-being Center include:

Visit Type	Cost	Examples
Preventive care	No cost	Annual physical exams, women's health, skin screenings, travel medicine, biometric screenings, well-child exams, sports and camp physicals, lab services, vaccinations, allergy shots, and other injections like B12, testosterone and Depo-Provera
Primary care and chronic condition management	\$30	Management of health conditions such as diabetes, high blood pressure and obesity, including referrals to specialists if needed, plus support for those seeking lifestyle changes for nutrition, weight management, exercise, tobacco cessation and stress management
Urgent care and sick visits	\$30	Care for short-term illnesses such as sinus infections, minor injuries and seasonal allergies
Physical therapy	\$30 (Virtual PT visit)	Evaluation and treatment for neck and back pain, joint sprains and strains, post-surgical rehabilitation, headaches and vertigo, muscle aches and pains, foot pain, rotator cuff tears and injury prevention. No referral required.
Care navigation	No cost	Data-driven referral matching and concierge support with primary care integration
Virtual primary care	\$30	Premise Health providers serve as a member's primary care physician, focusing on long-term health from routine preventive services to acute and chronic condition management