Hello.

No longer are we just in the business of paying for medical care. We’re also in the business of health. We’re honored that hundreds of thousands of people every year welcome us into their lives and let us support them in their well-being journey. Along the way, we’re measuring their progress because we believe we can play a part in improving the health of the communities we serve 20 percent by 2020. That’s our bold goal.

_How can we do this?_ Well, we can’t do it alone. It requires a focused, integrated, long-term health strategy that includes excellent clinical capabilities, partnerships between community, clinical and government leaders, and encouragement for people. Together, we can help people get healthy and stay healthy, all while lowering medical costs.

Health is hard, and Americans are seeing their health decline year after year. Behavioral health issues call for attention. Diabetes, coronary artery disease (CAD), congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD) and other conditions are increasingly common. One in three Americans is living with more than one chronic condition.

So improving people’s health isn’t just about making changes to diet or adding daily exercise. These are complex conditions; a healthier population doesn’t happen overnight. It’s necessary to take a long view. And a wide view, including safe neighborhoods, fresh air and access to good food.

As we said in our 2015 Humana 2020 report, “We know that our bold goal will require us to learn and innovate. We believe that the next one to two years will be learning years where we work with specific populations to generate new insights and discoveries on how to improve health. We expect these learnings will allow us to make great strides during the latter years of our journey toward our goal.”
At the national level, we’re working with the Centers for Disease Control and Prevention (CDC), using its Healthy Days measure to track improvements. This is a simple, four-question survey that asks people how they feel about their mental and physical health over the past 30 days. We believe in the importance of the CDC’s Healthy Days measure because of its focus on how people feel about their own health. And we appreciate that it takes into account the whole person — both physical and mental health.

34%
People with diabetes have 34 percent more Unhealthy Days than average

Since the launch of our goal, we have added significantly to our understanding of what drives Healthy and Unhealthy Days. We’ve published what we’ve learned in journals and are presenting our data at medical and population health conferences. We’ve even co-authored a study with the CDC, Robert Wood Johnson Foundation and Columbia University.

Our collective efforts to improve health are paying off. More members are participating in our clinical programs, like Humana At Home™ and Personal Nurse®. We now have 1.1 million engaged members. This has helped more members become adherent to their medications and has been instrumental in closing 3.9 million gaps in care.

Humana has developed broad and deep clinical expertise, led by 17,800 care management professionals, including associates and contracted partners, composed of nurses, care managers, nurse practitioners, home health aides, social workers and other professionals.

However, we understand that health is also created outside of care management programs and doctors’ offices. In order to help people achieve their best health, we need to engage the communities where people live, work, learn and play.

We are excited and humbled to share with you the learnings and progress we have made in just a year — all made possible thanks to community, academic and healthcare partners who have made significant contributions to this work. We invite continued partnership, collaboration and learning; working together, this movement will lead to more Healthy Days for us all.

1.1 MILLION
Members engaged in health programs like Humana At Home™ and Personal Nurse®
With knowledge comes power

The United States is a big nation facing a big problem: we’re unhealthy, and it’s due in many cases to limited opportunities for health. Three of every four dollars spent on healthcare goes to chronic conditions — primarily the results of poor choices or of limited access to resources that promote health.

Last year, Humana adopted Healthy Days as our measure of population health. One reason was the ability to evaluate mental well-being, including perception of purpose, sense of security and feeling of belonging.

We know it will take time to impact the diverse communities we serve, but we also know that knowledge is one of our best weapons in the fight for health. The first step we took was to learn what circumstances have the greatest impacts on health and well-being.

7.9

People in late stage heart failure have 7.9 more Unhealthy Days each month than those in early stage

We’re learning about health behaviors that lead to fewer Unhealthy Days, too. Health screenings and taking medications as prescribed are two great examples. For people with diabetes, we saw that those who take their medications regularly had four fewer Unhealthy Days than those who don’t. Those who received diabetic eye exams had 2.3 fewer. People who control their blood sugar had 1.8 fewer Unhealthy Days each month.

These insights help us understand what we need to address through pilots and programs to have a meaningful impact on communities. We use this knowledge to prioritize health programs, partnerships and community efforts. This strategic and collaborative approach will help us achieve our goal of improving health by 20 percent by 2020.

52

We found that for every five Unhealthy Days, hospital admissions increase by 52 per thousand members
Change happens at the speed of trust

It’s not just the general public that we serve; we also need to provide support to physicians. To do so, we need to develop trust and demonstrate our value to these healthcare providers.

In 2015 we sponsored the value-based payment study by the American Academy of Family Physicians (AAFP). Our study found that while one-third of physicians are already pursuing value-based payment options — based on patients’ health rather than procedures and tests performed — the majority are waiting because they want to see results or are unsure of how it works. To make the transition to value-based payment models, physicians needed a trusted partner.

Good outcomes and less expense

In addition to helping physicians, strong partnerships benefit the economy and the local population. When you have a value-based model that supports and rewards physicians for the health of their patients, not the services they provide, we can achieve instrumental change and lower the cost of healthcare services.

Thanks to our population health approach, on average, Medicare Advantage members served by providers in value-based reimbursement models experienced fewer inpatient admissions per thousand people, higher screening rates and healthier outcomes versus members who were treated by providers in standard Medicare Advantage settings.
We’ve learned so much in the first year of our journey — like how Healthy Days are associated with health conditions, disease progression, behaviors and outcomes. We also learned that it’s important to ask people about their Healthy Days throughout the year instead of in only one season. We believe this is the best benchmark to use going forward to measure our national progress toward achieving our Bold Goal.

**Total Unhealthy Days**

Measuring the health of the communities we serve

\[
6.9 \quad + \quad 4.6 \quad = \quad 11.5
\]

Physically unhealthy days  Mentally unhealthy days  2015 baseline

\[
9.2 \quad 2020 \ GOAL
\]
Social influence shapes associate health

Health is local. Not only are habits and attitudes contagious, but so are outcomes associated with them. Every community we serve is unique, with its own goals, challenges and resources. Yet they all share something that has always made a difference for communities large and small — social power.

At Humana, our associates are finding that a focus on well-being has a profound social impact, leading to increased sense of purpose, security and stronger relationships. Experiences like our 100 Day Dash step challenge are creating opportunities for associates to focus on improving their health in a fun way, along with creating a culture of well-being.

Associates are taking what they’re learning and spreading that culture to our members in communities. Optimal health is as unique as our DNA. But it’s also true that community and its personal interactions can have a powerful effect on an individual’s well-being.

Meaningful purpose is at the heart of healthier lives. Every individual has a personal reason for making a change to live better, and feeling inspired can lead to powerful and consequential activities. Our associates’ commitment to our Bold Goal provides a collective purpose. So does the realization of their impact on each other — which is why our goal is to improve the health of our associate community 20 percent by the end of 2017.

Over the past year, our associates have strengthened their commitment to health and well-being — both personally and as a community purpose. They’ve rallied behind the idea that achieving your best health isn’t accomplished by just eating healthier foods and exercising more; it’s about embracing your whole self and acknowledging what it takes to be your best.

“Close to 4,000 associates have participated in our Diabetes Prevention Program since it began in December 2014. We’re meeting participants where they are, virtually and in-person, helping them lose an average of nearly 4 percent of their body weight — and this number continues to increase!”
Change starts from within
For Humana associates with the company since 2012, we saw these results:

- 9% decrease in average number of health risks
- 42% of associates have eliminated risks and improved their health
- 37% have returned to normal blood pressure when it was previously elevated
- 20% reduction in pre-diabetes prevalence
- 26% reduced their blood sugar to normal range and lowered their risk for diabetes
- Associates who’ve lost weight have shed more than 100 tons

**SURVEY YEAR**

<table>
<thead>
<tr>
<th>Year</th>
<th>TOTAL UNHEALTHY DAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012 (baseline)*</td>
<td>6.1</td>
</tr>
<tr>
<td>2013</td>
<td>5.9</td>
</tr>
<tr>
<td>2014</td>
<td>5.6</td>
</tr>
<tr>
<td>2015</td>
<td>5.3</td>
</tr>
<tr>
<td>2016</td>
<td>TBD</td>
</tr>
<tr>
<td>2017</td>
<td>4.9*</td>
</tr>
</tbody>
</table>

*2012 and 2013 Unhealthy Days results are based on proxy measure from Humana Health Assessment.

*2017 20% Goal = 4.9 Unhealthy Days

**Partner now. Find out how at Humana.com/boldgoal**
Making a difference in the San Antonio area

While changes in population health can take years to develop, progress can be identified much more quickly. The city of San Antonio, Texas, is a perfect example.

San Antonio was the first community we approached, engaging community stakeholders, holding Clinical Town Halls, forming a Health Advisory Board, and building partnerships with H-E-B and the San Antonio Food Bank. This community engagement increases trust, and that has brought about increased participation with Humana, and in our programs and services. As an example, we’ve seen 23 percent more people get their Health Risk Assessments, enabling us to direct them to appropriate resources.

<table>
<thead>
<tr>
<th>METRICS</th>
<th>Q2 '14</th>
<th>Q2 '15</th>
<th>DIFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humana Pharmacy</td>
<td>14</td>
<td>17</td>
<td>21%</td>
</tr>
<tr>
<td>Mail Order</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Humana at Home™</td>
<td>62</td>
<td>64</td>
<td>3%</td>
</tr>
<tr>
<td>Health Risk Assessment</td>
<td>53</td>
<td>65</td>
<td>23%</td>
</tr>
</tbody>
</table>

After careful analysis and collaboration with local stakeholders, we determined to focus on two health conditions, diabetes and behavioral health, and three health barriers, health literacy, nutrition and healthy behaviors. Our pilot and partnership efforts are already yielding results.

To address diabetes in San Antonio, we launched pilots with innovative diabetes-focused companies like Omada Health and Livongo. We also launched our own app, complete with diabetes tracker tools, called MyHealth.
These are the improved medication adherence metrics for San Antonio:

<table>
<thead>
<tr>
<th>METRICS</th>
<th>Q2 ’14</th>
<th>Q2 ’15</th>
<th>DIFF</th>
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</thead>
<tbody>
<tr>
<td>CHF MED ADHERENCE</td>
<td></td>
<td></td>
<td>7%</td>
</tr>
<tr>
<td>CAD BETA BLOCKER ADHERENCE</td>
<td></td>
<td>78</td>
<td>3%</td>
</tr>
<tr>
<td>DIABETES STATIN THERAPY</td>
<td>57</td>
<td>59</td>
<td>4%</td>
</tr>
<tr>
<td>DIABETES MED ADHERENCE</td>
<td>77</td>
<td>79</td>
<td>3%</td>
</tr>
</tbody>
</table>

**Integrated care, better outcomes**

In the San Antonio suburb of Schertz, Humana is working with Emergency Medical Services to help reduce the number of emergency calls and provide higher quality care.

The program launched because we noticed that people were calling 911 for nonemergency health situations since they did not know how to access their healthcare. Now, Schertz EMS provides Mobile Integrated Healthcare, where paramedics visit patients on a weekly basis, providing education to help consumers get the resources they need. In addition, paramedics can provide more informed care thanks to Availity. With this healthcare information exchange service, the paramedics can find patients’ lab and test results and learn when they last got their medications or last saw their doctors, and then make recommendations based on that information.
 Physical activity and belonging

Maria Jaramillo was widowed, depressed and lonely and had lost all motivation to continue living.

“I was real bad,” she says. “I had lost my husband of nearly 50 years. My kids were married and grown and had left home. I was 73 at the time and to have contact with people I had taken a job. But after working just over a year and a half, I lost the job. I have to be around people. I cannot be by myself.”

Maria began attending regular activities at the Humana Guidance Center, participating in the walking program, educational courses and exercise classes — she fell in love with the Zumba class. Her health turned around, she lost more than 40 pounds, looks younger than her years, made her doctor very happy and is stronger and more fit than she was in her younger years. Better still, the depression lifted and her zest for life returned.

“I have changed. I have changed 100 percent,” Maria says. “But I really must say that it was Humana who saved my life.”

Nutrition: the building blocks of health

Nutrition is one of the biggest factors in determining health. But for many shoppers, knowing how to make good food choices was a barrier. A partnership with grocery retailer H-E-B offered a solution. We started with a pilot for Humana associates. When they buy fruits, vegetables and heart-healthy foods at H-E-B, they earn Vitality Points™ with HumanaVitality. This incentivizes healthier food choices. To make these choices even easier, H-E-B is offering education to help associates understand how to buy nutritious food and prepare healthy meals.
Integrating health initiatives in Louisville

We’ve been in Louisville for five decades and are deeply involved in the community. Our sponsorships, activities and relationships help build partnerships. Our commitment has built trust and participation in our programs. Here’s a look at our progress in participation:

<table>
<thead>
<tr>
<th>METRICS</th>
<th>Q2 ’14</th>
<th>Q2 ’15</th>
<th>DIFF</th>
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</thead>
<tbody>
<tr>
<td>Humana At Home</td>
<td>69</td>
<td>71</td>
<td>3%</td>
</tr>
<tr>
<td>Health Risk Assessment</td>
<td>57</td>
<td>71</td>
<td>25%</td>
</tr>
<tr>
<td>Humana Pharmacy Mail Order</td>
<td>20</td>
<td>21</td>
<td>5%</td>
</tr>
<tr>
<td>Personal Nurse</td>
<td>45</td>
<td>62</td>
<td>38%</td>
</tr>
</tbody>
</table>

We have a large number of associates and members here — enough to affect holistic population health. Not only is Louisville our corporate headquarters, but we’ve designated it as one of our Bold Goal communities. We have a team of associates developing new initiatives. For example, we’re testing several new diabetes programs and have already seen a 15 percent increase in statin therapy in our population with diabetes.

Integration is the foundation of our approach here in our home base. The community is engaged in initiatives around health, and Humana helps drive that involvement.

Our associates are engaged, too. They volunteer time and energy to many community activities.

In Louisville, work groups examined our city’s culture and set out to “re-norm” it to reflect health. Agencies are collaborating on a goal none can achieve alone. Anyone who wants to participate is welcome.

We have approached more than 60 local partners, including the Mayor’s Healthy Hometown Movement, about working together to make the community 20 percent healthier by 2020.
Additional objectives:

- Addressing three priority health conditions in Louisville: behavioral health, diabetes and respiratory conditions (asthma, allergies, COPD and smoking)
- Making Louisville a test market for at least four pilot programs tied to health barriers
- Creating a Louisville Health Advisory Board with community leaders and organizations to develop and implement strategies to improve health

“We have approached more than 60 local partners, including the Mayor’s Healthy Hometown Movement, about working together to make the community 20 percent healthier by 2020.”

Partner now in Louisville. Find out how at Humana.com/boldgoal
Toward breathing easier in Louisville

In Louisville, allergens and pollutants come to stay awhile. As part of our Bold Goal efforts here, we’re paying special attention to respiratory health.

Asthma is a big problem here, with almost 13 percent of our population afflicted; the national average is 8 percent. Asthma is the number-one reason our children visit the emergency room.

We’re working with AIR Louisville to better understand where and why residents have asthma symptoms. The objective is to use technology, data analytics and community collaboration to reduce the burden of asthma and help city leaders better understand the environmental triggers of asthma so they can make smarter decisions about air quality.

The free program uses smart sensors that attach to participants’ asthma inhalers. These, a smartphone app and a website from Propeller Health work together. The sensor feeds inhaler-use time and location data to the smartphone. Participants can visit the website, see their information and share it with their doctors and families.

By comparing that with data on air quality, weather, traffic and even location of trees, we can help spot trends and determine what is causing asthma attacks — an important step toward preventing them.

The program also employs respiratory therapists who can monitor patients and check in on them if they’re found to be struggling.

The Robert Wood Johnson Foundation funded AIR Louisville through a grant to the Institute for Healthy Air, Water and Soil. The program is a collaboration among many organizations, including local advocacy groups, Louisville employers, healthcare organizations, insurance companies and local government partners.

More than 440 people have joined the program so far, and Humana hopes to enroll up to 200 associates.
We have brought together employers, doctors and advocates for clean air to develop a new approach to treating asthma.

- Veronica Combs, AIR Louisville
A wide-angle focus on improving health in Tampa Bay

A community’s health is a big and complex issue. Some elements come down to daily choices. Others are societal. In the end, they’re all individual, because they affect people one at a time.

Humana is working with the entire Tampa Bay community to come together around the Bold Goal of improving community health 20 percent by 2020. It calls for open-mindedness, fresh ideas and partners who share in this vision.

Humana is one of the city’s leading healthcare companies, serving more than half a million Medicare, commercial, individual and Medicaid health plan members and beneficiaries.

A vision for improving health

Our approach in the Tampa Bay area stems from the needs of a changing population — one that is increasing overall, aging rapidly and becoming more diverse. Because of these demographic trends, the area has an increase in the number of people suffering from poor health and running into barriers to improving their health. In the face of these challenges, Humana is working with community leaders to drive change and try innovative and collaborative approaches to healthy living and disease prevention.

After months of research and discussion with Tampa Bay area community, healthcare and business leaders, Humana identified key challenges to target with its 2020 Bold Goal efforts here.

We started with diabetes and behavioral health, along with a strong focus on obesity and physical inactivity, and on hunger and food-insecure households.

In Tampa Bay, as we have elsewhere, we engaged with the community, building trust and generating increased participation:

<table>
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<tr>
<th>METRICS</th>
<th>Q2 ’14</th>
<th>Q2 ’15</th>
<th>DIFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>HUMANA AT HOME℠</td>
<td></td>
<td></td>
<td>2%</td>
</tr>
<tr>
<td>HEALTH RISK ASSESSMENT</td>
<td></td>
<td></td>
<td>10%</td>
</tr>
<tr>
<td>HUMANA PHARMACY MAIL ORDER</td>
<td>10</td>
<td>11</td>
<td>10%</td>
</tr>
<tr>
<td>PERSONAL NURSE℠</td>
<td></td>
<td>60</td>
<td>32%</td>
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Our focus on behavioral health has also achieved results. We’ve seen depression screening double since last year.

Diabetes is also a Bold Goal emphasis in Tampa Bay, and we’ve seen a 3 percent increase in statin therapy:

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<thead>
<tr>
<th>METRICS</th>
<th>Q2 ‘14</th>
<th>Q2 ‘15</th>
<th>DIFF</th>
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</thead>
<tbody>
<tr>
<td>CHF FOLLOW-UP</td>
<td></td>
<td></td>
<td>4%</td>
</tr>
<tr>
<td>CAD STATIN THERAPY</td>
<td></td>
<td></td>
<td>3%</td>
</tr>
<tr>
<td>DIABETES STATIN THERAPY</td>
<td></td>
<td></td>
<td>3%</td>
</tr>
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Consumer and community focus groups also revealed that there are obstacles to better health in the bay area due to lack of transportation, socioeconomic factors and reduced access to care.

In the fall of 2015, Humana hosted a Clinical Town Hall in downtown Tampa. The two-day thought leadership forum brought together leaders from nearly 70 organizations. Keynote and panel speakers included former Florida Surgeon General Dr. John Armstrong and Tampa Bay Lightning owner Jeff Vinik.

The result of the Clinical Town Hall was the formation of a Health Advisory Board. Now, Humana and its regional team of leaders, associates and physicians are working collaboratively with more than 100 bay area leaders to help make health easier in Tampa Bay. We’re working with a host of local nonprofit organizations, healthcare providers and community groups, including Feeding Tampa Bay, YMCA and the University of South Florida Morsani College of Medicine.
Humana and Feeding Tampa Bay fight hunger for better health

Hunger has no place in a healthy community. Humana has partnered with Feeding Tampa Bay in its mission of changing lives one meal at a time by leading the community fight against hunger and having a hunger-free Tampa Bay. The city’s initiative is part of the national Feeding America network. Its focus is to remove barriers and make food more accessible.

We recognize and promote the link between good nutrition and better long-term health. Through its research, Feeding Tampa Bay is working collaboratively with individuals and community partners like Humana to provide food to more than 700,000 hungry in the 10-county area of West Central Florida.

Feeding Tampa Bay’s efforts have been instrumental in raising awareness about the reality of hunger in the bay area, working to create a dialogue with legislators, the media and the public about how we each can make a difference. And Humana is finding ways to partner with them. For example, in one afternoon 126 Humana associates volunteered to collect food and raise money to provide 26,700 meals. Actions like these address hunger and food insecurity. And because research shows that food-insecure people have worse health outcomes and higher rates of hospitalization, we will continue to pursue partnerships and actions that make it easy for people to get the food and healthcare they need.
Children and seniors make up nearly half of the hunger population in Tampa Bay.

- Feeding America
Healthy change in Adams County, Mississippi

Natchez and Adams County, Mississippi, are experiencing the power of partnership in a new emphasis on health.

Humana and the Clinton Health Matters Initiative (CHMI), an initiative of the Clinton Foundation, selected a community where we would work to remove barriers to well-being and improve health. We chose Adams County, which has high rates of obesity and obesity-induced conditions, including Type 2 diabetes, heart disease and poor birth outcomes, according to the Robert Wood Johnson Foundation’s County Health Rankings.

Months of research and discussion with community leaders culminated in the Blueprint for Action, a plan for Adams County residents to achieve specific health goals in the next five years.

Natchez and Adams County’s Blueprint for Action, based on the County Health Rankings model and local data, focuses on areas of need in Adams County, including physical activity, healthy eating and food quality, access to and improving education and quality of care, income and employment.

“To change the lifestyle of a community is a huge goal,” says Natchez Mayor Butch Brown. “And every step of the way we’ve had our partner, Humana, and our entire community. Together, we’re going to make Humana’s Bold Goal come to fruition.”
In 2015, the Humana Foundation awarded a one-year, $250,000 charitable grant to the city of Natchez. While this funding is independent of the partnership between Humana Inc. and CHMI, the grant seeks to complement that work for greater impact on the health and well-being of the Adams County community. The city will use this funding from the Humana Foundation for the Adams County Diabetes and Heart Disease Intervention Program to make it easier for residents to engage in healthy behaviors, understand how to make the right decisions for individual and family well-being and easily access healthcare services and resources.

**Pilgrim Baptist Church holds healthy cooking class**

In 2015, the holidays took a healthier turn, thanks to Humana’s partnership with Pilgrim Baptist Church in Natchez. Community outreach fits well with the Bold Goal.

The idea was to help residents understand the relationship between healthy eating and healthy living. That took the form of a cooking class in November 2015.

The Healthy Holiday Makeover featured guest chef Rene Adams of Rolling River Bistro in Natchez. The goal was to provide healthy cooking tips to at-home cooks and to educate food pantry recipients on healthier ways to prepare their food.

Pilgrim Baptist senior pastor Melvin White outlined the challenges in his community: “It’s been a struggle here in Natchez. At one point, we were the number-one obesity city in the whole United States. Health is a big issue here.”
The journey continues ...

Humana has made progress on our Bold Goal, but we still have a very long way to go. We’re proud of the reception we’ve received from the people in the communities we serve. We are inspired to see how our community, academic and healthcare partners are collaborating to address the barriers in their communities. Healthy Days is empowering us to measure health in terms that go well beyond individual measures.

We would never ask our members to do anything that we would not do ourselves. Our associates have stepped up and are on track to have improved their health 20 percent by the end of 2017. During the last year, we’ve learned so much from the programs that our associates have used to improve their health, from lifestyles to chronic conditions. These findings have enabled us to enhance our integrated health strategy while expanding our clinical capabilities.

We’ve been humbled by what we’ve experienced, but we’re even more enthusiastic with how much we’ve learned. Our Bold Goal is a work in progress in San Antonio, Tampa Bay, Louisville and Natchez. For us to sustain and grow our momentum, we will continue to look for local organizations in the communities we serve that share our dedication to the Bold Goal. We are eager to share details on our next four communities of focus: New Orleans, Baton Rouge, Knoxville, Broward County, Florida. For updates visit us at humana.com/boldgoal. More to come.
SAN ANTONIO

San Antonio, Texas is knocking down barriers to good health. One way is by making effective, proactive alternatives to emergency care available to people.

Watch the video
https://youtu.be/2Ednprc0Ltg

LOUISVILLE

Louisville, Kentucky is a treat for the eyes but sometimes a test for the lungs. Through new technology, a respiratory health effort is taking the fight to asthma.

Watch the video
https://youtu.be/SHx62bxnFas
TAMPA BAY

Tampa Bay, Florida, seeing demographic changes and health challenges, is pulling together to make improvements. One emphasis is overcoming hunger.

Watch the video
https://youtu.be/iiDuwyXb9Wk

NATCHEZ

Natchez, in Adams County, Mississippi, embodies Southern hospitality. And now things are changing for the healthier around the supper table.

Watch the video
https://youtu.be/LGir_JWZxn8