Vitality Check®

Make your appointment today

HumanaVitality® rewards you up to 4,000 Vitality Bucks® for getting it. You receive 2,000 Vitality Bucks just for completing your Vitality Check and an additional 2,000 Vitality Bucks for results in healthy ranges.

Get your Vitality Check today with just a few minutes of your time and a blood draw.
Results seamlessly upload to your HumanaVitality account (within 2-4 weeks).

- ✔ Cholesterol
- ✔ Blood glucose
- ✔ BMI
- ✔ Blood pressure
- ✔ Weight
- ✔ Waist circumference
- ✔ Height

Date: _____ Time: _____

Location: _____

Contact: _____

Fasting is strongly recommended but not required.

Please fast 9 – 12 hours before your screening (nothing to eat or drink besides water) for the most accurate results. People who have been diagnosed with diabetes mellitus or hypoglycemia, women who are pregnant and people taking prescription medicines that must be taken with food do not need to fast. You should consult with your doctor to find out if fasting is right for you.

Confidential – no individually identifiable information is shared.

HumanaVitality is not an insurance product. HumanaVitality is only available to KEHP covered members. Your plan is administered by Humana Insurance Company. Program details subject to change.

Humana Vitality®

KENTUCKY EMPLOYEES' HEALTH PLAN

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