

## Ready.

Have you ever been someplace new and felt lost? Chances are, all you needed was some basic information and you'd be good to go.

Figuring out the basics of HumanaVitality is no different. That's why we created this simple guide to get you started on the path to better health.



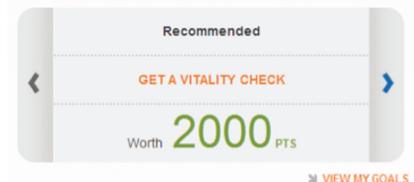
## Set.

1. To get to your personal HumanaVitality website, go to [Livingwell.ky.gov](http://Livingwell.ky.gov) and click on "HumanaVitality Log In".
2. Sign in with your MyHumana user information to enter the secure website.
3. Take the HumanaVitality Health Assessment to begin earning Vitality Points™. This takes about 10-15 minutes.
4. Review your Health Results to receive your Vitality Age™ and find out more about your health.
5. Set your personal goals, including scheduling a Vitality Check® and other healthy activities to earn more Vitality Points.
6. Review other opportunities to earn Vitality Points in categories like Healthy Living, Fitness, Prevention, and Education on your browser bar. Build Vitality Points to raise your Vitality Status™ level and get bigger discounts.
7. Each Vitality Point you earn is worth one Vitality Buck®. Redeem your Vitality Bucks for rewards inside the HumanaVitality Mall.

## Go. Setting goals.

1. From the HumanaVitality home page, click View My Goals under the My Goals section on your dashboard page.

### MY GOALS



2. For each recommended goal, click View to find out more about how the goal can help you. You also can access the Set Goal feature here.



3. Once you set a goal, it will appear in the My Active Goals section. Repeat the steps above to add more goals. Once you complete a goal within the specified time frame it will be saved. If the goal is not achieved it will reappear in your Recommended Goals section to be selected again.

### My active goals 3

Get a Vitality Check <a href="#">VIEW</a>	31 DAYS TO GO 2000 PTS
Reduce your weight <a href="#">VIEW</a>	52 DAYS TO GO 800 PTS
Get more active <a href="#">VIEW</a>	103 DAYS TO GO 800 PTS

# Getting a Vitality Check®

After you complete your Health Assessment, the Vitality Check automatically becomes one of your Recommended Goals. A Vitality Check includes taking your physical measurements and a blood screening.

- Body mass index (BMI)
- Blood pressure
- Blood glucose level
- Cholesterol levels

You'll earn 2,000 Vitality Points™ just for completing your Vitality Check. And you'll earn more Vitality Points for results in the healthy range.

Still have questions about HumanaVitality?  
Call the number on the back of your member ID card.

## Where to get your Vitality Check

There are several options available to complete your Vitality Check.

- First On-Site (Frankfort based, state agency employees only) - must make an appointment
- Walgreens Take Care<sup>SM</sup> Clinics
- Concentra<sup>®</sup> medical centers
- Health Departments
- Primary Care Physician (PCP) - Subject to co-pay

Go to [livingwell.ky.gov](http://livingwell.ky.gov) and click on the "Get Your Vitality Check" button to find your nearest location, print appropriate voucher. No fee is charged for the Vitality Check with use of voucher (unless using a PCP where co-pay applies). Results automatically upload to your secure HumanaVitality site (unless otherwise noted).



\* If you visit your personal doctor, you'll need to print out and take a copy of the Personal Physician Vitality Check form for him or her to complete during your visit. Forms should be faxed or mailed using the directions included on the form. (For labwork results that may not be available during your doctor visit, a copy of the lab results can be attached to the form when submitted.)

HumanaVitality is not an insurance product.  
Your plan is administered by Humana Health Plan, Inc.

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