

Your silver lining may be closer than you think

Now that you're signed up for HumanaVitality, you may wonder what to do next. The key to success is to take care of some important details right away – like completing your Health Assessment.

Your Health Assessment will take just a few minutes and you'll get 1,000 Vitality Points™ for completion. Just go to Livingwell.ky.gov and click on "HumanaVitality Log In" and follow the easy steps. All you have to do is answer questions about your health and lifestyle. We keep all information private.

Achieving Silver Status

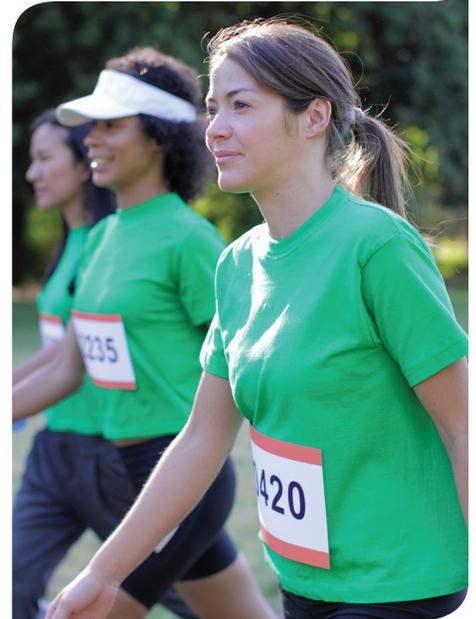
Completing your Health Assessment gives you a great start toward reaching Silver Vitality Status. Sign in to your HumanaVitality profile page and explore other ways to earn points.

You can choose from categories like Healthy Living, Fitness, Prevention, and Education. Build Vitality Points to raise your Vitality Status level and get bigger discounts.

How to get there

On the back of this sheet, you'll find a suggested path to Silver Vitality Status. While you can choose any qualified activity, we've provided some of the most popular to help you increase your Vitality Status.

And remember, the more Vitality Points you earn, the higher your Vitality Status, giving you more Vitality Bucks® to spend at the HumanaVitality Mall as well as opportunities for discounts on your purchases.



Questions?

If you can't find what you're looking for, call the number on the back of your member ID card.

Like us on Facebook



Follow us on Twitter



Vitality Status™

The more you do to stay healthy, the more Vitality Points you can earn, and when you have other members of your household enrolled in HumanaVitality, their healthy activities can count toward Vitality Points too. The more Vitality Points you earn, the higher your Vitality Status, giving you more Vitality Bucks® to spend at the HumanaVitality Mall as well as opportunities for discounts up to 40 percent on your purchases (within the HumanaVitality Mall).

Below is a breakdown of the number of Vitality Points needed to reach each Vitality Status.

Vitality Status	Number of Vitality Points required for one adult	For each additional adult age 18+ the following number of additional Vitality Points are required*
Blue	Starting Vitality Status	
Bronze	Any adult member Health Assessment completion	
Silver	5,000	3,000
Gold	8,000	4,000
Platinum	10,000	5,000



*Applies to additional dependents on your HumanaVitality plan, such as your spouse and/or children who are age 18+.

A suggested path to Silver Vitality Status. While you can choose any qualified activity, we've provided some of the most popular to help you improve your Vitality Status.

Individual

Activity During Year	Vitality Points Earned
Health Assessment (HA)	500
Bonus - HA completed within the first 90 days	250
First Step HA*	500
Vitality Check® completion	2,000
Vitality Check® in-range results	
BMI (Body Mass Index)	800
Blood pressure	400
Blood glucose level	400
Cholesterol level	400
Silver Vitality Points (5,000 Vitality Points)	5,250

* 500-point limit for First Step HA over the life of membership

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



Family

(Illustration below is for two adults, one child. Assumes both adults complete where indicated with x2)

Activity During Year	Vitality Points Earned
Health Assessment (x2)	1,000
Bonus - HA completed within the first 90 days (x2)	500
First Step HA* (x2)	1,000
Vitality Check® completion (x1)	2,000
Vitality Check® in-range results (x1)	
BMI (Body Mass Index)	800
Blood pressure	400
Blood glucose level	400
Cholesterol level	400
Complete 5K run/walk	250
Two workouts per week for 12 weeks (15 pts*24)	360
Bonus - 15 pts for 1st workout of week	180
Kids Health Assessment	200
Kids preventive care visit	200
Kids flu shot	100
Kids Sports league	100
CPR certification	125
Silver Vitality Points (8,000 Vitality Points)	8,015

