

Healthier Living 101

Better health, great rewards – it's all part of HumanaVitality.®

Humana Vitality

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Healthier living for school staff, in and out of the classroom. It all starts now.

Your school's employees can get a lot out of HumanaVitality. But first they have to get into it.

This toolkit is designed to help you launch HumanaVitality at your school and motivate everyone on staff to get involved and stay engaged. It's the start of a healthier life for them. And that can mean a stronger, more productive work environment with fewer days off due to sickness and lower medical costs.

HumanaVitality is an exciting and engaging wellness and rewards program. It rewards members for making healthy choices, like eating right and exercising. To help keep members interested and motivated, HumanaVitality offers:

- Vitality Points™ to help members move up to higher Vitality Status™ levels and enjoy even greater rewards
- Vitality Bucks® that can be redeemed for items in the HumanaVitality Mall
- Manageable steps toward a healthier life

Better health, great rewards, and a stronger, more productive staff. It all starts right now with HumanaVitality.

If you have any questions, don't hesitate to reach out to your Humana Account Representative or your Kentucky Family Resource and Youth Services Center (FRYSC) Coordinator for more information.

To access all of the resources mentioned in this toolkit, go to livingwell.ky.gov and click on Wellness Champs → School Champs.



HumanaVitality is only available to covered KEHP members.



Start at the head of the class

Getting the people at your school on board with HumanaVitality begins with support from the top.





Start spreading the word

The goal of HumanaVitality is to help others live healthier, more energetic, and more productive lives. A message from your school's principal encouraging participation in HumanaVitality can carry a lot of weight. It will help establish credibility and support for the program, as well as send the message that the staff's health and well-being are important to the school.

A letter-perfect kickoff

A great way to spread the word about HumanaVitality is to have your school's principal send a kickoff letter via email to all personnel:

- Send it at the same time as other important events, such as staff meetings, the start of a semester, or any other staff gathering
- Customize it with specific kickoff dates or event details
- Have your school's principal share the benefits at a staff meeting



Suggested copy for the letter has been supplied. You can download it at livingwell.ky.gov → Wellness Champs → School Champs.

Making the grade

HumanaVitality can help your school improve school wellness initiatives by:

- Encouraging fitness and exercise
- Promoting healthy eating
- Spreading health education
- Inspiring leadership

Remember: Healthier teachers encourage healthier students.

For details, visit livingwell.ky.gov and click on Wellness Champs → School Champs.



Getting others to raise their hands

Support materials designed to help your staff engage with HumanaVitality.



Resources to help you reach out

Spreading the word about HumanaVitality is simple. There are many resources and promotional materials available to you at livingwell.ky.gov → **Wellness Champs** → **School Champs**.

Below are some examples:

Welcome Kit

The Welcome Kit provides new members with a quick-start guide, offering a closer look at all the features of the HumanaVitality program.



Flyers and Posters

Hand out or leave on desks to promote HumanaVitality events and initiatives. Announce upcoming events by displaying posters in common areas.



Web Banners

Post promotional banners on the school's intranet site.



Videos

Encourage employees to go online and view educational videos to learn about HumanaVitality.



Employee Wellness Interest Survey

Find out what your coworkers REALLY want out of wellness!



Take the test

Taking the Health Assessment will give you a clearer picture of your health in just a few minutes.





Get your Vitality Age™

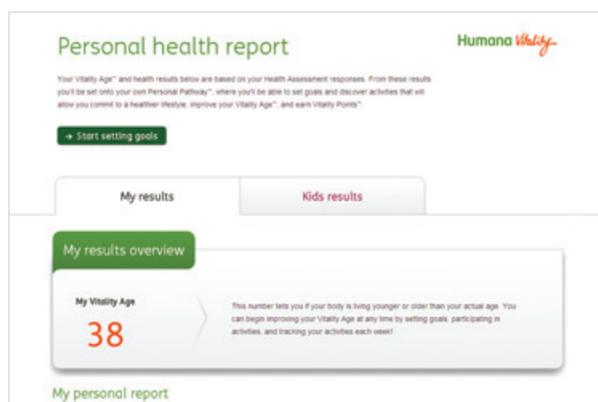
You can't tell which way to go until you know where you stand. The Health Assessment can help you learn how healthy you are right now, determine your future health risks, and help you decide where and how to make improvements. It will:

- Give you your Vitality Age
- Raise your Vitality Status from Blue to Bronze
- Give you access to the HumanaVitality Mall
- Qualify you* for features like Vitality HealthyFood™, which gives you a 5%** savings on **Great For You**™† healthier food purchases at Walmart®‡
- Give you enough Vitality Points for a free pedometer at the HumanaVitality Mall§

To find out your Vitality Age by taking the Health Assessment, go to livingwell.ky.gov and click on “HumanaVitality Login.”

What is Vitality Age?

 Your Vitality Age tells you if your body is living younger or older than your actual age. Get your Vitality Age right now by taking the Health Assessment.



Website

*HumanaVitality members must be at Bronze Vitality Status or higher and must be 18 years of age or older to be eligible to participate in the Vitality HealthyFood program. The Vitality HealthyFood program is not available to all HumanaVitality members and is only available with certain plans or products offered by Humana.

**The 5% savings will be applied to that member's Vitality HealthyFood Shopping Card within 5 – 7 business days. Once applied, the savings may be used on any future purchase made at Walmart where gift cards are accepted.

†For a list of all qualifying Great For You healthier foods, visit the Vitality HealthyFood page on HumanaVitality.com or check Walmart.com.

‡The Vitality HealthyFood program is only available at Walmart Neighborhood Markets and Walmart retail stores. Sam's Club stores and Walmart.com are excluded from the Vitality HealthyFood program.

§You'll receive 500 Vitality Points for taking the Health Assessment, plus an additional 500 first-time-ever Vitality Points plus a bonus of 250 Vitality Points if you take the Health Assessment within the first 90 days. 1,250 Vitality Bucks is the cost of the G1 Pedometer in the HumanaVitality Mall.



Have a Health Assessment Day

Getting everyone on your staff to take the Health Assessment is essential to getting them engaged with HumanaVitality. And a great way to get them all to do it at once is to make a day of it: Health Assessment Day. Send out an email notification/invitation to take the Health Assessment. Download the “Health Assessment Day Email Template” at livingwell.ky.gov → [Wellness Champs](#) → [School Champs](#).

Here are a few suggestions to help ensure your Health Assessment Day is successful:

- Hold the event during a staff meeting and encourage everyone to bring a laptop.
- If a staff meeting is not an option, a computer lab or portion of the library (where there are multiple computers) will work. Plan it during lunchtimes to help ensure maximum attendance.
- Have coworkers who are more experienced with HumanaVitality on hand to help others with questions or issues.
- If you are unable to get everyone to attend at the same time, hold the event over several days.
- Encourage continued engagement with the program by having each member start enjoying their benefits right away. They can get their Vitality HealthyFood Shopping Card, activate their wellness goals, and visit the HumanaVitality Mall.



Once you’ve completed the Health Assessment and reached Bronze Vitality Status, you’ll qualify for a Vitality HealthyFood Shopping Card and a 5% savings on Great For You healthier foods at Walmart.

Save the date

Make the Health Assessment Day one to remember by making sure no one forgets the date. There are promotional materials you can distribute prior to the event to generate excitement and ensure attendance. They can all be downloaded at livingwell.ky.gov → [Wellness Champs](#) → [School Champs](#).

- Health Assessment flyer
- Vitality HealthyFood flyers

Questions?

For resources and to contact your HumanaVitality representative, visit livingwell.ky.gov → [Wellness Champs](#) → [School Champs](#).



Do the math

An on-site Vitality Check® will give your staff the numbers they need to start living healthier.

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Knowing your numbers can really add up

A Vitality Check is a biometric screening that will provide your coworkers with their basic health numbers: body mass index (BMI), blood pressure, blood glucose, and total cholesterol. It's a great way for your staff to identify personal health risks and start setting goals.

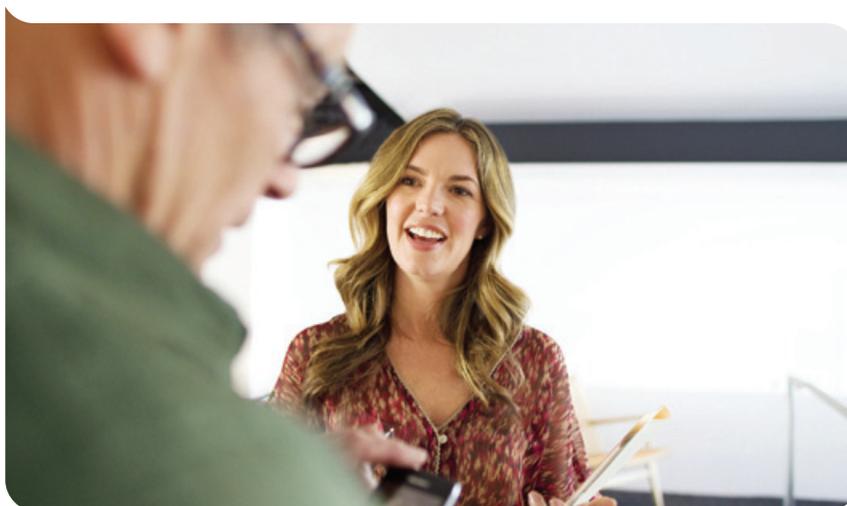
An on-site Vitality Check will keep wellness in mind

When schools hold on-site biometric screenings, it's more convenient for staff members to complete their Vitality Check, which improves participation, promotes engagement, and gives them a place to start making the changes they need to live healthier lives. It also increases awareness of the HumanaVitality program.

Materials to help you promote your on-site event can be downloaded at livingwell.ky.gov → Wellness Champs → School Champs.



For information on how to set up an on-site Vitality Check, go to livingwell.ky.gov → Wellness Champs → School Champs or contact your Humana Account Representative.





Keep a good thing going.

Wellness is a journey. To help your staff stay motivated and engaged, visit livingwell.ky.gov → [Wellness Champs](#) → [School Champs](#) for more information on staff challenges along with other promotional materials to help keep the momentum going.

Humana Vitality®

LivingWell.ky.gov



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

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