

Vitality Kids™



Your dependents younger than age 18 who are covered under your Humana health plan can join in HumanaVitality and work toward a healthier lifestyle. Vitality Points earned by kids accumulate toward their own Vitality Points accounts so they can see their points totals growing as they participate in healthy lifestyle activities.

Activity	Vitality Points
Kids Health Assessment	200
Kids preventive care visit	200
Kids dental exam	100 (up to 200/program year)
Kids vision exam	100
Kids immunizations	100
Kids flu shot	100
Kids sports league	100 each (up to 200/program year)
Kids athletic events	50 each (up to 200/ program year)

Maximum Points per program year 1,000

Humana Vitality

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Our health benefit plans have exclusions and limitations and terms under which the coverage may be continued in force or discontinued. For costs and complete details of the coverage, call or write your Humana insurance agent or broker.

This document is intended to provide a high-level overview of your Vitality Points earning potential. For additional details regarding eligible activities and how to earn and redeem points, please visit Humana.com.

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the rewards under the HumanaVitality program, or if it is medically inadvisable for you to attempt to achieve the standards for the rewards under this program, please call the phone number on the back of your Humana member ID card and we will work with you to develop another way to qualify for the reward.

Vitality Points™



How to earn Vitality Points

As a HumanaVitality® member, you can earn Vitality Points through:

- **Standard activities** - in Education, Fitness, Prevention, and Healthy Living categories outlined on the next two pages
- **Personal goals** - After you complete the Health Assessment, HumanaVitality will suggest goals based on your health condition and needs
- **Vitality Kids™** - See back cover

Together, the standard activities and your personal goals make up your Personal Pathway.™ Your Vitality Points will be customized based on the personal goals you activate for your Personal Pathway, giving you the chance to earn even more Vitality Points!

Vitality Status™

The more HumanaVitality activities you complete, the more Vitality Points you can earn. 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 and discounts of up to 40 percent on your purchases at the HumanaVitality Mall.

Here's 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 plan, such as your spouse and/or children who are age 18+



Learn more at HumanaVitality.com

Vitality Points adults 18+



Education



Maximum Vitality Points per program year 2,000

Activity	Vitality Points
Health Assessment (HA)	500
First step HA*	500
HA bonus**	250
Calculator(s)	75 each (up to 300/program year)
CPR certification	125
First aid certification	125
Update/confirm contact information†	50
Monthly Humana.com visit	10 each (up to 120/ program year)
Accept online statements**†	50

* Once per lifetime reward

** For completion of the HA within the first 90 days of your HumanaVitality program year

† Activities not rewarded under certain plans

Fitness



Maximum Vitality Points per program year 8,300

Activity	Vitality Points
Verified workout: partner health club, device or mobile apps	
Each verified workout	15 per day (up to 5,475/program year)
1st verified workout of the week (Monday-Sunday)	15 bonus per week (up to 780/ program year)
5+ verified workouts per week (Monday-Sunday)	40 bonus per week (up to 2,080/ program year)
Sports league	350
Athletic events: (for example, running, walking, cross-country skiing, cycling, triathlon)	
- Level 1	250
- Level 2	350
- Level 3	500

Prevention



Maximum Vitality Points per program year 3,800

Activity	Vitality Points
Health screening*	400 per screening
Dental exam	200 per exam (up to 400/ program year)
Vision exam	200
Flu shot	200
Nicotine test	400
Vitality Check® completion:	
Body mass index (BMI)	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400

* Subject to certain requirements and will appear on your Vitality Points statement if they are applicable to you.

Healthy Living



Maximum Vitality Points per program year 2,700

Activity	Vitality Points
Blood donation	50 (up to 300/program year)
Nicotine test (in-range results)	400
Vitality Check in-range results:	
Body mass index <25 and ≥ 18.5	800
Blood pressure systolic ≤ 120mmHg diastolic ≤ 80mmHg	400
Blood glucose <100mg/dL	400
Total cholesterol <200mg/dL	400