

# Vitality Kids™



Your dependents under 18 years old who are part of your HumanaVitality program can earn Vitality Points that contribute to your family's overall Vitality Points total and Vitality Status.

1,000 maximum Vitality Points per program year. Vitality Points listed are per program year unless stated otherwise.

Activity	Vitality Points
<b>Education</b>	
Kids Health Assessment	200
<b>Prevention</b> (up to 500/per program year per child)	
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
<b>Fitness</b>	
Kids sports league	100 each (up to 200/program year)
Kids athletic events	50 each (up to 200/ program year)

HumanaVitality is not an insurance product. Not available with all Humana health plans.

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 [HumanaVitality.com](https://www.humanavitality.com).

We are committed to helping you achieve your best health. Rewards for participating in HumanaVitality are available to all members. If you think you might be unable to meet a standard for a HumanaVitality reward, you might qualify for an opportunity to earn the same reward by different means. Contact us at the number listed on the back of your member ID card and we will work with you (and, if you wish, with your health care practitioner) 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:



- **Activities** – Education, Fitness, Prevention and Healthy Living categories.
- **Personal goals** – HumanaVitality will suggest goals based on the information you share in your Health Assessment.
- **Milestones** – HumanaVitality Mobile App users can earn Vitality Points for completing Milestones. They are personalized ‘mini-goals’ recommended based on your Health Assessment responses to help jump-start your path to healthier living.
- **Vitality Kids™** – See Vitality Kids section.

### 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. Here's a breakdown of the number of Vitality Points needed to reach each Vitality Status:



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



Learn more at [HumanaVitality.com](https://www.humanavitality.com)

# Vitality Points adults 18+



## Education



2,000 maximum Vitality Points per program year. Vitality Points listed are per program year unless stated otherwise.

Activity	Vitality Points
Health Assessment (HA)*	500
First step HA**	500
HA bonus***	250
<b>HumanaVitality Mobile App Health Assessment* – 100 each section (up to 500 per program year)</b>	
Fitness	100
Sleep	100
Stress	100
Eating healthy	100
Losing weight	100
Tobacco	100
Bonus	100
Calculator(s)†	75 each (up to 300/program year)
CPR certification	125
First aid certification	125
Update/confirm contact information‡	50
Monthly <b>HumanaVitality.com</b> visit	10 each (up to 120/program year)
Accept online statements**‡	50

\*A maximum 500 Vitality Points per program year rewarded for HA completion whether you complete the online HA, Mobile App HA or both.

\*\*Once per lifetime reward.

\*\*\*For completion of the HA within the first 90 days of your HumanaVitality program year. Mobile App users must complete all seven sections of the HA to receive HA bonus.

†Activities not available on Mobile App.

‡Activities not available under certain plans or with Mobile App users.

## Prevention



3,800 maximum Vitality Points per program year. Vitality Points listed are per program year unless stated otherwise.

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
<b>Vitality Check® completion:</b>	
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



2,700 maximum Vitality Points per program year. Vitality Points listed are per program year unless stated otherwise.

Activity	Vitality Points
Blood donation	50 (up to 300/program year)
Nicotine test (in-range results)	400
<b>Vitality Check in-range results: Sign in to HumanaVitality.com to find in-range values</b>	
Body mass index	800
Blood pressure (systolic and diastolic)	400
Blood glucose	400
Total cholesterol	400

## Fitness



8,300 maximum Vitality Points per program year. Vitality Points listed are per program year unless stated otherwise.

Activity	Vitality Points
<b>Verified workout:</b> participating fitness facility, device or Mobile Apps	
Each verified workout	15 per day (up to 5,475/program year)
First 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)	
- Tier 1 (example: 5K)	250
- Tier 2 (example: 10K)	350
- Tier 3 (example: half-marathon)	500

## Community

Join the **HumanaVitality** community  
Inspiration. Answers. Connections.  
Community.HumanaVitality.com

