

HumanaVitality® can help motivate your staff – and your school – to live healthier.

Teaching your students to live healthier lives is just as important as educating them in history or biology. In fact, in Kentucky it's a requirement. Starting with your staff is key – because a healthier staff can mean a healthier school. And that's where HumanaVitality can help.

HumanaVitality can help improve your Coordinated School Efforts by:



Encouraging fitness and exercise

HumanaVitality offers your staff personal fitness recommendations, helps identify health risks, provides tips on healthy living, and suggests health goals and ways to reach them. This knowledge and support system is something that can be used in your school to give your physical fitness programs a boost.



Promoting healthy eating

Offering healthy food choices is something all schools should encourage. Your staff will have access to the Vitality HealthyFood™ program*, where they can save 5%** on all healthier foods that qualify† as **Great For You™** at Walmart®‡ while educating themselves on foods that make up a proper diet. The knowledge they gain from this program can be brought into your school cafeteria to teach healthy eating habits.



Spreading health education

With HumanaVitality, every staff member can have a background in health education. It provides resources to your staff through tips and support, online courses and videos, personal health coaching, and more. Your entire staff will learn about health risks and how to prevent them.



Inspiring leadership

Positive change starts at the top. With HumanaVitality, teachers can lead by example – because students are more likely to follow the actions of a teacher who practices a healthy lifestyle. And a healthier, better educated, and motivated staff will be much more confident in leading physical activities, discussing healthier food options – and helping to develop and implement an improved wellness and action plan for the school.

Humana Vitality

*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 listing of all qualifying Great For You healthier foods, visit the Vitality HealthyFood page on [HumanaVitality.com](https://www.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.

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