

Time to keep your promise!

If you elected a LivingWell health plan for 2016, complete your Vitality Check or online Health Assessment by May 1.

1. Get started

You will need your HumanaVitality ID card.

2a. Vitality Check

Get a biometric screening.

Visit LivingWell.ky.gov to find a location.

OR

2b. Health Assessment

Take your online Health Assessment.

Visit LivingWell.ky.gov to log in (or complete your Health Assessment on the HumanaVitality mobile app).

3. Proof of completion

Get verification from HumanaVitality.

4. Get points

HumanaVitality rewards you.

Visit LivingWell.ky.gov for all your wellness benefits.
Questions? Call 855-478-1623.

Humana Vitality

LivingWell.ky.gov

