

# Vitality Check<sup>®</sup>

Make your appointment today



HumanaVitality<sup>®</sup> rewards you up to 4,000 Vitality Bucks for taking your Vitality Check. You receive 2,000 Bucks just for completing your Vitality Check and an additional 2,000 Bucks for being in healthy ranges.

Take your Vitality Check today with just a few minutes of your time and a quick finger stick. Results seamlessly upload to your HumanaVitality account (within 2-4 weeks).

- ✓ Cholesterol
- ✓ Blood Glucose
- ✓ BMI
- ✓ Blood Pressure
- ✓ Weight
- ✓ Waist circumference
- ✓ Height

## Where To Get Your Vitality Check<sup>®</sup>

- First On-Site (Frankfort-based employees only), must make an appointment
- Walgreens Take Care Clinics
- Concentra Medical Centers
- Health Departments
- Primary Care Physician (PCP) Members may go to their PCP. Subject to co-pay

Go to [livingwell.ky.gov](http://livingwell.ky.gov) to find your nearest location, print appropriate voucher. No fee. Results automatically upload.

## Fasting is strongly recommended but not required.

Please fast 9-12 hours before your screening (nothing to eat or drink besides water). Some exceptions for fasting: People who have been diagnosed with diabetes mellitus or hypoglycemia, women who are pregnant and people taking prescription medicines that must be taken with food. If you decide not to fast, your screening results may not be accurate.

## Completely Confidential – No Information Is Shared.

Administered by Humana Insurance Company. Program details subject to change.

**Humana** Vitality<sup>®</sup>



*LivingWell*.ky.gov

Get Your  
Vitality Check<sup>®</sup>!