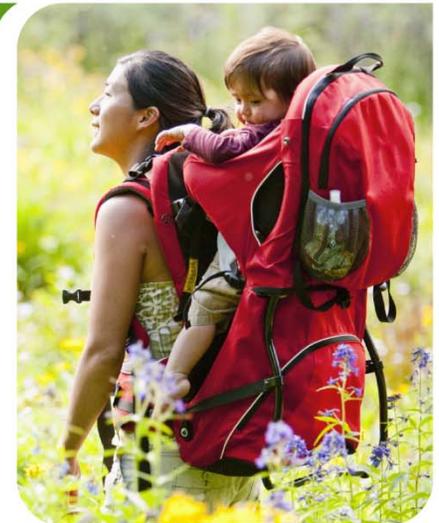




Humana Vitality

Instruction Guide:
Registering for Humana Vitality and
Completing your Health Assessment



Humana Vitality



Web register your
HumanaVitality account
for the first time

Humana *Vitality*

Visit Livingwell.ky.gov and click on
“HumanaVitality Login”

The screenshot shows the LivingWell.ky.gov website. At the top left is the logo with the text "It's all about LivingWell.ky.gov" and "Kentucky Employees' Health Plan member wellness portal". To the right is a search bar with a "Search" button. Below this is a green navigation bar with the following links: "HumanaVitality Login" (highlighted with a red box), "What We Offer", "Wellness Champs", "News", and "Benefit Members and Employees Portal".

The main content area features a section titled "There's an app for that!" with the text: "Grab your smartphone and take the HumanaVitality App for a spin! Earning Vitality Points™ has never been easier!". Below this text is a green button labeled "Watch the video". To the right of the text is an image of several smartphones displaying the app interface.

At the bottom of the page, there are four colored buttons with icons and text: a green button with a person icon and "LivingWell Promise"; an orange button with a clipboard icon and "Get a Vitality Check"; a purple button with a trophy icon and "Earn Rewards"; and a blue button with a thumbs-up icon and "Get Discounts".

Humana Vitality

Click “Sign in or Register”

The screenshot shows the top navigation bar of the Humana Vitality website. The Humana Vitality logo is on the left. To the right are links for 'Investor Relations', 'Customer Support', and 'Español'. A search bar is also present. Below these are four main navigation buttons: 'Individuals & Families >', 'Medicare >', 'Insurance Through Your Employer >', and 'Sign in or Register >'. The 'Sign in or Register >' button is highlighted with a red border. Below the navigation bar is a hero section with a background image of a woman and two children eating outdoors. The text 'Get your family involved' is displayed in large green font. Below it is a paragraph: 'When your kids participate in sports and local activities, they can rack up Vitality Points™ that contribute to your family's total rewards with HumanaVitality® and inspire greater well-being.' A link 'Take the Kids Health Assessment' is shown with a right-pointing arrow icon. At the bottom right of the hero image is a progress indicator with four steps: '1', '2', '3', and a pause icon '||'. Step '2' is highlighted in purple.

Humana Vitality

Investor Relations Customer Support Español Search

Individuals & Families > Medicare > Insurance Through Your Employer > **Sign in or Register >**

Get your family involved

When your kids participate in sports and local activities, they can rack up Vitality Points™ that contribute to your family's total rewards with HumanaVitality® and inspire greater well-being.

➔ [Take the Kids Health Assessment](#)

1 2 3 ||

Simple steps to a healthier you

Humana Vitality

Click “Register Now”

The image shows a screenshot of the Humana Vitality website's login and registration interface. At the top left is the Humana Vitality logo. To the right are links for "Investor Relations", "Customer Support", and "Español", along with a search bar. The main content area has a green background and contains a login form with fields for "Username" and "Password", a "Sign in" button, and links for "Forgot your username?" and "Forgot your password?". A "Remember my username" checkbox is also present. To the right of the login form is a handwritten "or" and a red-bordered button that says "Register now as a new user". Below the login form is a navigation bar with links for "Individuals & Families", "Medicare", and "Insurance Through Your Employer", and a "Close" button. At the bottom of the page is a banner with the text "Get rewarded for making healthy choices" and a photograph of a man and a woman in a park.

Humana Vitality

Investor Relations Customer Support Español Search

Username Password

Forgot your username? Forgot your password?

Remember my username

→ Sign in

or

Register now as a new user

Individuals & Families Medicare Insurance Through Your Employer Close

Get rewarded for making healthy choices

Humana Vitality

Register: Select member link

Registration

Start here to register for access

Already Registered?
[➔ Sign in](#)

Select your registration type

- Member**
- Provider
- Dentist
- Pharmacist
- Employer
- Agent/broker or agency

Why Register?

Once you've registered, you can:

- Find doctors, hospitals and other providers
- Check claims
- See how much you have spent on healthcare and get cost estimates
- Review your benefits
- Get started with HumanaVitalitySM

[📄 Learn More About Benefits of Registration \(390 KB\)](#)

[➔ Get Started](#)

Kentucky Medicaid members [register here](#)

Register:

Select member Type: "all other members"

Registration

Member information
Enter your identifying information to access MyHumana, where you can find coverages, claims, and more.

Already registered?
[➔ Sign in](#)
[Not a member?](#)

*Required

Medicare Medicaid All other members

* Member ID number [?](#) or Social security number [?](#)

* Date of birth

* ZIP code

*By continuing, I agree to the Humana [Online Services and Humana Web Confidentiality Agreement](#)

[➔ Continue](#) [Cancel](#)

Need help finding your member ID?

Subscriber: JOHN Q SAMPLEMEMBER
Group Name: SAMPLE GROUP
Member ID: 987654321
Member Name: JOHN Q SAMPLEMEMBER

Coverage Type: EMP
Group ID: 123456

987654321	01	JOHN Q SAMPLEMEMBER
987654321	02	JANE P SAMPLEMEMBER
987654321	03	JOAN M SAMPLEMEMBER
987654321	04	JAKE L SAMPLEMEMBER

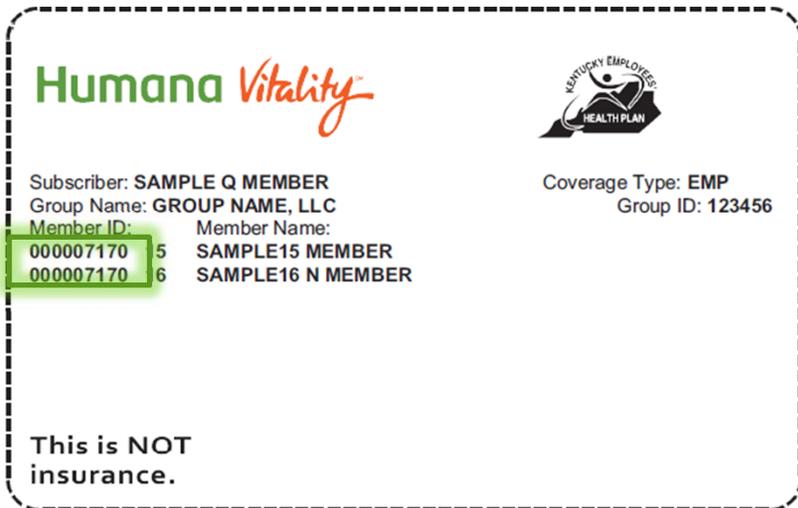
THIS IS NOT INSURANCE

1 2 3 4 5 6 ||

Register: Complete personal information fields.

NOTE: You will need your Social Security number or 9-digit member ID number found on your HumanaVitality ID card (This is different than a Humana or Anthem medical insurance card. Your member ID will look like this 000007170. If you have multiple people on your plan do not enter the -00 or -01 at the end of your ID number.

Be certain that you are entering your name exactly as it appears on your member ID card. Zip Code and Birthdate must match exactly what is on file with Humana as well.



Member information

Enter your identifying information to access MyHumana, where you can find coverages, claims, and more.

*Required

Medicare Medicaid All other members

* Member ID number [?] or Social security number [?]

* Date of birth

* ZIP code

*By continuing, I agree to the Humana [Online Services and Humana Web Confidentiality Agreement](#)

[Cancel](#)



Create a Username and Password

NOTE: Username requirements are a minimum 7 characters, at least 1 number and 1 letter.
Password requirements are 8 characters, at least 1 number and 1 letter.
Be sure to write down your username and password for future use!

Humana.

MyHumana Registration

Your secure Website for managing your health benefits

Account Setup: Step 2 of 2

All fields are required

Create User ID

Create a Password

Confirm Password

E-mail Address

Confirm E-mail Address

Security Question
- Select a Question -

Security Response

Use only letters, numbers, or these characters (, . - ')

Registration Complete!

Click "Continue"

Humana.

MyHumana Registration

Your secure Website for managing your health benefits

Thank you for registering for *MyHumana*

Dependents
All dependents 18 or older must register for their own MyHumana Website.

Access
Members can give others on their policy the right to look at their MyHumana pages. Visit My Profile and click "Manage Access to My Health Info."

Canceling Your Account
You can cancel your MyHumana account anytime. Just call the Customer Service number on your ID card.

Communication Preferences
Complete your Communication Preferences on the next page. You can change them anytime in My Profile.

KEEPING YOU HEALTHY
with **Humana Vitality**
Find out more within MyHumana.

Continue

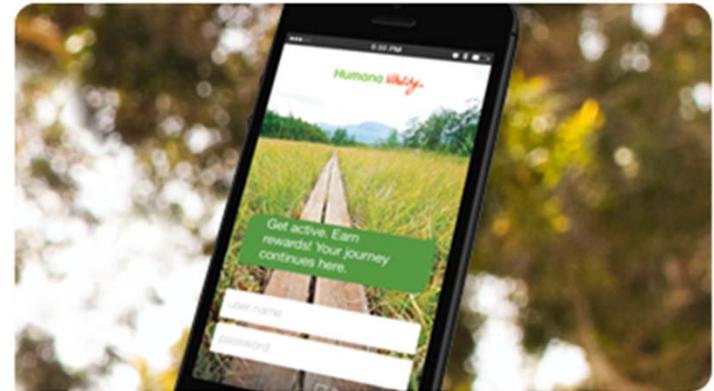
The information you enter here is secure
[Supported Browsers](#) | [Frequently Asked Questions](#) | [Internet Privacy Statement](#) | © 2013 Humana

Register for the first time via
the HumanaVitality App

Humana *Vitality*

Download the App: iTunes App Store or Google Play Store

- Complete a Health Assessment section in 2 minutes or less
- Earn Vitality Points faster by achieving short-term Milestones, like trying a new healthy habit
- Connect your preferred compatible fitness device to earn Vitality Points
- Participate in head-to-head step challenges with your co-workers
- Claim Vitality Points for athletic events and more with just a few taps on your smartphone
- Customize your profile with pictures that keep you motivated



App Store:

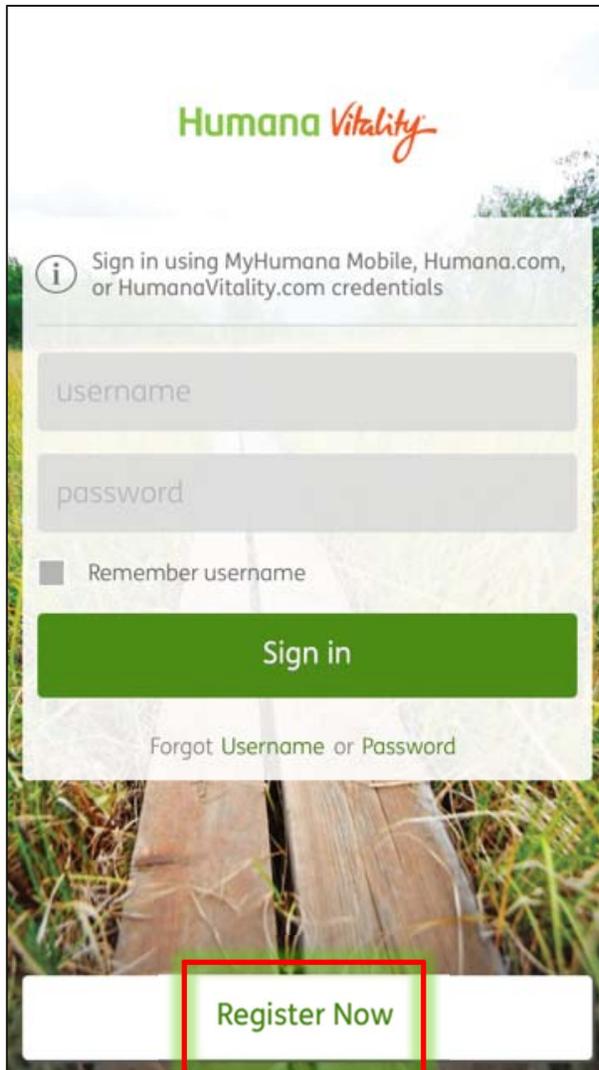
<https://itunes.apple.com/us/app/humanavitality/id860628393?ls=1&mt=8>

Google Play Store:

<https://play.google.com/store/apps/details?id=com.humana.vitalityapp>

Humana Vitality

Click on “Register Now” and “Accept” the terms



The image shows a mobile application interface for Humana Vitality. At the top, the Humana Vitality logo is displayed. Below the logo, there is a sign-in section with a header: "Sign in using MyHumana Mobile, Humana.com, or HumanaVitality.com credentials". This section contains two input fields for "username" and "password", a "Remember username" checkbox, and a green "Sign in" button. Below the sign-in section is a link for "Forgot Username or Password". At the bottom of the screen, there is a white bar with two buttons: "Register Now" (highlighted with a red box) and "Decline" (partially visible).

To enroll and access the benefits of the Program, the HumanaVitality member, age 18 years or older, must first accept the Terms and Conditions below for themselves and their dependents age 18 or older and agree to abide by the terms and conditions on the Loyalty Card. Upon activation, HumanaVitality will mail the Loyalty Card to the HumanaVitality member at the member’s address.

You understand and agree by choosing to participate in the Program that HumanaVitality and its corporate family, as well as Walmart and any other service providers facilitating the program, will share your demographic information with each other. Transaction details shared include name, address and information regarding healthy foods and other product purchases and the respective dollar amounts to allow the fulfillment of cards, loading of monetary credits to your card, and application of point of sale discounts, from healthy foods and other qualifying healthy products, if applicable, purchased at contracted partners, including Walmart.

For Medicare beneficiaries: In accordance with the federal requirements of the Centers for Medicaid and Medicare Services, you agree that no amount on this card can be redeemed for cash and no amount on this card may be applied toward the purchase of any prescription drug under your Medicare plan. For all others: you agree that this card cannot be redeemed for cash except in those states which require redemption for cash.

To view more on HumanaVitality’s Internet Privacy Statement, visit <http://www.humana.com/resources/about/legal/internet.aspx>.

At the bottom of the screen, there are two buttons: "Decline" (grey) and "Accept" (green, highlighted with a red box).

Complete the registration information and click “Next”

New member registration

Start earning Vitality Points for all the healthy things you do. Complete the registration form below and establish a username and password that you can use each time you return to the mobile app.

Are you a Medicare member? No

Social Security Number Member ID

Social Security Number

Date of Birth

Username

Username Confirmation

Password must have at least 8 characters and include at least one number, one letter, and one of # * \$ @, but no spaces or other punctuation.

Password

Password Confirmation

Are you a Medicare member? No

Social Security Number Member ID

Social Security Number

Date of Birth

Username

Username Confirmation

Password must have at least 8 characters and include at least one number, one letter, and one of # * \$ @, but no spaces or other punctuation.

Password

Password Confirmation

Security Question >

Your Answer

Cancel **Next**

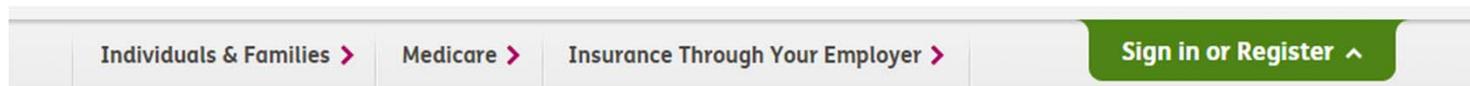
Already Registered?
Retrieve forgotten
Username/Password.

Humana *Vitality*

Forgot Username: Click on “forgot your username”

The image shows the Humana Vitality login interface. At the top left is the Humana Vitality logo. To the right are links for 'Investor Relations', 'Customer Support', and 'Español', along with a search bar. The main login area is a green banner with two input fields: 'Username' and 'Password'. Below the 'Username' field is a red-bordered box containing the text 'Forgot your username?' with an envelope icon. To the right of the 'Password' field is another 'Forgot your password?' link. A 'Sign in' button with a lock icon is positioned between the fields. An 'OR' separator is followed by a 'Register now as a new user' link. Below the login area is a navigation bar with three menu items: 'Individuals & Families >', 'Medicare >', and 'Insurance Through Your Employer >', and a 'Close ^' button. The bottom section features a large image of a man and a woman in a park, with the text 'Get rewarded for making healthy choices' overlaid on the left.

Retrieve Username: Click “continue” in the member section.



Password Help

What type of user are you?

Please select the user type that best describes you.

Member

If you have Humana insurance, Medicare, Medicaid, or HumanaVitality® coverage.

[→ Continue](#)

or

Other Registered User

If you are a doctor, dentist, pharmacist, hospital, employer (plan sponsor or benefit administrator), RightSource® customer, Humana associate, or have another business relationship with Humana.

[Select a user type](#)

Enter your personal information to retrieve your Username and follow the steps as prompted.

NOTE:
You will need your 9 digit HumanaVitality ID number found on your HumanaVitality ID card to complete this process.

Personal information

Forgot your username?

Please provide the following information to help us locate your username. For security reasons, all fields must match your profile on record with us.

* Required

Medicare Members

If you don't have your Humana Member ID handy, you can find it on your ID card by [viewing samples](#) or you can enter your Medicare Claim Number as your Member ID.

* Member ID [?](#)

* First name

* Last name

* Date of birth

* ZIP code

[→ Submit](#) [Cancel](#)



Forgot Password: Click on “forgot your password”

The image shows the Humana Vitality login interface. At the top left is the Humana Vitality logo. To the right are links for 'Investor Relations', 'Customer Support', and 'Español', along with a search bar. The main login area is green and contains fields for 'Username' and 'Password', a 'Sign in' button, and a handwritten 'or' symbol. Below the password field, the link 'Forgot your password?' is highlighted with a red box. Other links include 'Forgot your username?' and 'Remember my username'. To the right of the login area is a 'Register now as a new user' link. Below the login area is a navigation bar with 'Individuals & Families', 'Medicare', and 'Insurance Through Your Employer' links, and a 'Close' button. The bottom section features a banner with the text 'Get rewarded for making healthy choices' and a photo of a man and a woman outdoors.

To retrieve password: Enter Username

Individuals & Families > Medicare > Insurance Through Your Employer > **Sign in or Register ^**



Password Help

Forgot your password?

Enter your username below or click the forgot your username link and we'll provide password assistance.

Username

[Are you a Humana associate?](#) ?

[Forgot your username?](#)

[→ Continue](#)

[Cancel](#)



Select option for password retrieval



Password Help

Forgot your password?

Select the available option(s) and/or answer the question to confirm your identity and we will help you reset your password.

NOTE:

You must type your security answer exactly as you initially entered it. You only get 5 attempts before you are locked out and have to call customer service at the number listed on the back of your card.

The screenshot shows a form with three selection options: 'Answer a security question', 'By email', and 'To my mobile phone'. A red rectangular box highlights these three options. Below the options is a question: 'Your first childhood home was on what street?'. To the right of the question is a link: 'Don't know the answer?'. Below the question is a text input field and a green 'Submit' button with a right-pointing arrow.

Reset your password

NOTE:
Pay special attention to the password requirements on this screen to create an acceptable password.

Reset password

Change your password

Enter your password in the fields below:

- Cannot reuse prior password(s).
- Must be 8-15 characters.
- No spaces or punctuation.
- Can include #, *, \$ or @ but no other special characters.
- Must contain at least one number.
- Must contain at least one letter.

Enter a new password

Re-enter new password

[→ Submit](#) [Cancel](#)

Take Your Health Assessment

Humana *Vitality*

Sign in

After completing the registration process, return to **HumanaVitality.com** to sign in using the username and password you just created.

Humana Vitality

Investor Relations Customer Support Español Search

Username Password

Forgot your username? Forgot your password?

Remember my username

OR Register now as a new user

Individuals & Families > Medicare > Insurance Through Your Employer > Close ^

Get rewarded for making healthy choices

Humana Vitality

Signed In: Dashboard

NOTE: Once you're signed in, click on the alert to "Take the Health Assessment" or look for the "Health Assessment" link under the "Get Healthy" tab.

Welcome, Michael

 **Silver status**
1,523 Vitality Points™ until Gold

Alerts (1): Take the Health Assessment and start earning!
[Get started](#)

My Dashboard

You're on your way!

[View my Vitality Statement](#)

 Silver Vitality Status™ 1523 Vitality Points™ until Gold  Share	Vitality Age™ ?	Where did my Vitality Points™ go? 6,477 	Vitality Bucks® 1,412
--	---------------------------	---	---------------------------------

Goal snapshot

[Continue being more active](#)

138 days until goal ends

Recent activity



Click on “Get Started”

The Health Assessment takes about 10-15 minutes to complete. It’s a series of questions about your current mental and physical well-being, your day-to-day lifestyle, and how you feel about your current health levels.



Your Health Assessment

Get started on your path to living well

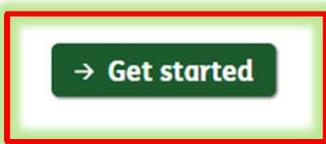
Your Vitality Age™ is the measure of how your body has aged based on your lifestyle. Take a few minutes to answer a series of questions about your physical health, eating habits, exercise patterns, general lifestyle, and mental health in order to help us determine your current Vitality Age. Your answers will not affect your coverage, benefits, or premiums.

Completion of your Health Assessment indicates that you agree with HumanaVitality's [Notice of Privacy Practices](#).



30
Your current age

30
Your Vitality Age



Complete the Health Assessment Questions

If you know your medical history and key measurements have them ready to help you to complete your Health Assessment. Don't worry if you do not have your key measurements you'll still be able to complete the Health Assessment. You can indicate 'Don't Know' on those screens.

Note: If you had a **Vitality Check**, a blood screening and biometric assessment, which measures your Body Mass Index (BMI), blood pressure, blood glucose and total cholesterol, within the last 18 months, you will see that those results have pre-populated into your Health Assessment. These cannot be updated until a new Vitality Check is submitted.

The screenshot displays the 'MyHumana' website interface for a health assessment. At the top, the 'MyHumana' logo is on the left, and 'Jola's Health Assessment' with a 'Save my progress & exit' link is on the right. Below this is a navigation bar with icons for 'Fitness & Exercise', a search icon, a help icon, a settings icon, and a user profile icon. The 'Humana Vitality' logo is on the far right of the navigation bar. The main content area is titled 'Fitness & exercise' and contains three questions:

- Question 1: 'On average, how many days a week do you exercise?' with a dropdown menu showing '5' and a red minus button.
- Question 2: 'On days when you do exercise, on average how many minutes do you spend doing so?' with a dropdown menu showing '60' and a red minus button.
- Question 3: 'How Intense are these exercise sessions?' with a horizontal slider ranging from 'None Selected' to 'High Intensity', with a red marker positioned between 'Low Intensity' and 'Medium Intensity'.

At the bottom of the form, there are navigation buttons: a left arrow, a 'Next' button with a right arrow, and a 'Save my progress & exit' link.

Fitness & exercise ●●●●

MyHumana.

Craig's Health Assessment

[Save my progress & exit](#)

[Member Support](#)

[Logout](#)

 Fitness & Exercise



Humana Vitality

Fitness & exercise ●●●●

On average, how often do you do strength-training exercises such as pushups, pull-ups, or weight training? 



On average, how often do you do flexibility exercises such as stretching, yoga, or Tai Chi? 



→ Next

[Save my progress & exit](#)

Humana Vitality



Eating habits ●●●

MyHumana.

Craig's Health Assessment
[Save my progress & exit](#)

[Member Support](#)
[Logout](#)



Eating Habits



Humana Vitality

Eating habits ●●●

How often do you add butter, stick margarine, cream, and/or gravy to your food after cooking? [?](#)

None Selected | Never | Rarely | Occasionally | Usually | Frequently | Always

Between cooking and adding to meals for taste, how much salt would you say you consume in an average day?

A pinch or less ▼

How often do you eat salty foods such as snacks, packet soups, soy sauce, etc.? [?](#)

None Selected | Never | Rarely | Occasionally | Usually | Frequently



→ Next

[Save my progress & exit](#)

Humana Vitality

Mental health ●●●●●

MyHumana.

Craig's Health Assessment
[Save my progress & exit](#)

[Member Support](#)
[Logout](#)



Humana Vitality

Mental health ●●●●●

Productivity

About how many hours all together did you work in the past 7 days?

How many hours does your employer expect you to work in a typical 7-day week?

→ Next

[Save my progress & exit](#)

Humana Vitality

Lifestyle habits ● ● ●

MyHumana.

Craig's Health Assessment

[Member Support](#)

[Save my progress & exit](#)

[Logout](#)



Lifestyle Habits



Humana Vitality

Alcohol

Do you drink alcohol?

Yes

No



→ Next

[Save my progress & exit](#)

Humana Vitality

Physical health ●●●●●

MyHumana.

Craig's Health Assessment

[Save my progress & exit](#)

[Member Support](#)

[Logout](#)



Physical Health



Humana Vitality

Physical health ●●●●●

Have you ever had any of the following tests?

Colorectal cancer screening (colonoscopy, sigmoidoscopy, fecal occult blood test)



Have you had a flu shot in the past year?

Yes

No

Have you ever had a pneumonia shot?

Yes

No



→ Next

[Save my progress & exit](#)



Humana Vitality

Congratulations, you have completed your Health Assessment! Click on “View my health results”.

The screenshot shows the MyHumana website interface. At the top left is the MyHumana logo. On the top right, there are links for "Jala's Health Assessment", "Save my progress & exit", "Member Support", and "Logout". Below the header is a navigation bar with icons for a dumbbell, a plate with a fork and knife, a head with a brain, a glass, a first aid kit, and a group of people. The main content area features a large green banner with the text "Congratulations!" and a white box containing the text "Your Vitality Age is waiting." followed by a paragraph explaining the benefits of the health assessment. A prominent green button with a white arrow and the text "View my health results" is located at the bottom of the white box. The background of the page is a photograph of a woman in a pink shirt and orange helmet talking to a young girl in a yellow helmet who is sitting on a bicycle.

MyHumana.

Jala's Health Assessment
[Save my progress & exit](#)

[Member Support](#)
[Logout](#)

Humana Vitality

Congratulations!

Your Vitality Age is waiting.

Today you've taken the first steps toward a healthier you! And completing the Health Assessment has its advantages – not only will you learn your Vitality Age™, but you'll also be able to start setting goals and completing activities immediately. You may retake the Health Assessment anytime, but you can only earn Vitality Points™ for completing it once a year.

[→ View my health results](#)

Receive your **Vitality Age™** and health results based on your Health Assessment responses.

My results

My Vitality Age
33

This number tells you if your body is living younger or older than your actual age. You can begin improving your Vitality Age at any time by setting goals, participating in activities, and tracking your activities each week!

[Share](#)

My personal report

Your health has been analyzed and we've scored you in several key health categories. By knowing how your scores compare with healthy ranges, you can see which steps you may need to take toward improving your lifestyle and well-being.

● Indicates high priority

Physical activity	95
Alcohol consumption	90
Weight	100
Blood pressure	100
Nutrition	56
Cholesterol	68
Smoking habits	75
Stress	77
Blood glucose	100
Diabetes	100

Physical activity

Are you getting enough exercise?

Your score: **95**

Healthy range: 77-100

What does this mean?

95 **Your score** (out of 100)
If you're looking to push yourself even further, see if you can increase the intensity or duration of your exercise sessions a little bit each week! Examples of moderate intensity activities include brisk walking, mowing the lawn, washing the windows or floors, dancing, recreational swimming and cycling.

Healthy range
Around 150 minutes a week of exercise is ideal.

Recommended goal
We don't have any goals to recommend to you right now.

Related links

- [Set goals](#)
- [Retake the Health Assessment](#)

Additional ways to engage
and earn points in
HumanaVitality

Humana *Vitality*

Start Setting Goals

Based on your personal health results, HumanaVitality will recommend goals. Select the goals you want to work on and discover activities that will allow you to commit to a healthier lifestyle, improve your Vitality Age, and earn Vitality Points™.

Welcome, Katherine My Profile ▾ Contact Us

MyHumana. Platinum status  

 Coverage, Claims & Spending ▾  Get Healthy ▾  Earn Rewards ▾  

Coverage

- Achievement Dashboard
- Health Assessment
- Vitality Check
- My Goals**
- My Challenges
- Vitality HealthyFood
- Health Coaching 

Keep up

 **Platinum**  Share

Get Healthy

- Blue Button Download My Data
- MyPocket Dashboard 

Get Healthy

- Health & Well-being
- Healthy Living
- Diet & Nutrition
- Fitness & Exercise
- Caring for others
- Managing Conditions
- Pharmacy Resources
- Health Programs
- Thinking About Surgery

Resources for

- Seniors
- Women
- Men
- Families

21 **11,132** **220**

Goals are separated into “recommended” and “active” goals. Set the goals you are ready to attempt.



My goals



My set goals

[Continue being more active](#)

Recommended activity: Partner Health Club Workout

Days left to complete this goal	Date goal expires
---------------------------------	-------------------

93	03/06/2014
----	------------

Recommended goals

[Maintain your systolic blood pressure](#)

[Learn more about this goal](#)

400 Vitality Points

→ Set this goal



Once a goal is set you can return to the goal for activities to help you achieve the goal and see how many days you have to complete the goal.

Home Get Healthy My Goals Goal Detail

Goal: Continue being more active

Humana Vitality

You have already shown a **commitment to physical activity** by exercising 150 minutes or more per week, so keep up the good work and **continue** to reap the immediate and long-term benefits. [Print](#)

Goal summary

Activity type
Athletic events ▼ → Go

Keep up the good work! You've completed 1 Level 1 event and only need 2 more to complete this goal!

Level 1 ⓘ
1 of 3 events complete

or

Level 2 or 3 ⓘ
You can also complete this goal by completing level 2 or level 3 athletic events

400
Vitality Points™
awarded for completion

93 Days left to complete this goal
End date: 03/06/2014

HumanaVitality dashboard Tools

Hover over Get Healthy tab for drop down menu to appear.

The screenshot shows the HumanaVitality dashboard interface. At the top right, there is a user greeting "Welcome, Katherine" and navigation links for "My Profile" and "Contact Us". The main navigation bar is green and contains three tabs: "Coverage, Claims & Spending", "Get Healthy", and "Earn Rewards". An orange arrow points to the "Get Healthy" tab, which is currently active and has a dropdown menu open. The dropdown menu is divided into three columns. The left column lists various tools and resources under the heading "Get Healthy", including "Achievement Dashboard", "Health Assessment", "Vitality Check", "My Goals", "My Challenges", "Vitality HealthyFood", and "Health Coaching". The middle column contains "Blue Button Download My Data" and "MyPocket Dashboard". The right column is titled "Resources for" and lists "Seniors", "Women", "Men", and "Families".

MyHumana. Platinum status

Welcome, Katherine My Profile Contact Us

Coverage, Claims & Spending Get Healthy Earn Rewards

Get Healthy

- Achievement Dashboard
- Health Assessment
- Vitality Check
- My Goals
- My Challenges
- Vitality HealthyFood
- Health Coaching

Blue Button Download My Data
MyPocket Dashboard

Get Healthy

- Health & Well-being
- Healthy Living
- Diet & Nutrition
- Fitness & Exercise
- Caring for others
- Managing Conditions
- Pharmacy Resources
- Health Programs
- Thinking About Surgery

Resources for

- Seniors
- Women
- Men
- Families

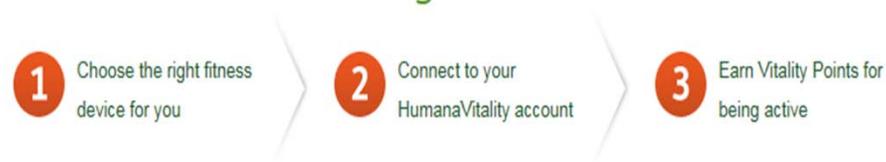
HumanaVitality Fitness and Exercise

- > Pharmacy Resources
- > Calculators
- > Campaigns
- > Conversations
- > Courses
- ▼ Fitness and Exercise
 - [Participating Health Club Finder](#)
 - [Get Active](#)
 - [Calendar](#)
 - Fitness Devices**

Fitness devices

Start tracking your activity and earn Vitality Points™ when you use one or more HumanaVitality® compatible fitness devices.

Fitness devices at-a-glance



[Learn about devices](#) [Connect and manage](#)

Each device must be connected to HumanaVitality

🏠 > [Get Healthy](#) > [Health and Well-Being](#) > [Fitness and Exercise](#) > [Fitness Devices](#) > [Manage your fitness devices](#)

Add a fitness device

Search for a device

→ Search

➔ [Connect Humana Pedometer](#)

Connect

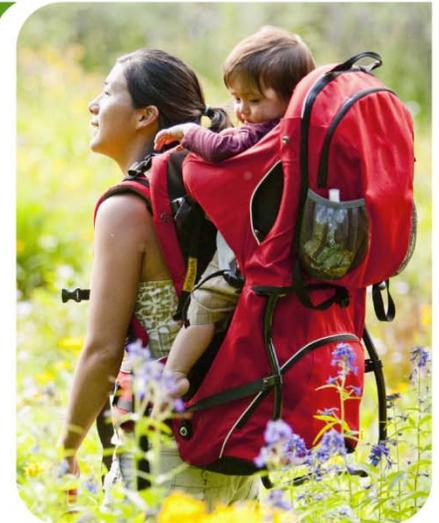
Connect

Connect



HealthyFood

Requesting your card



Save money on
healthy food at
Walmart

Humana Vitality



HealthyFood

1. Hover over the Get Healthy Tab
2. Click on Vitality HealthyFood
3. Follow the steps to request your card

The screenshot shows the MyHumana website interface. At the top right, it says "Welcome, Katherine" with links for "My Profile" and "Contact Us". Below this is the "MyHumana." logo. A green navigation bar contains three main tabs: "Coverage, Claims & Spending", "Get Healthy", and "Earn Rewards". The "Get Healthy" tab is active and expanded, showing a sub-menu with options like "Achievement Dashboard", "Health Assessment", "Vitality Check", "My Goals", "My Challenges", "Vitality HealthyFood" (highlighted in pink), and "Health Coaching". To the right of the sub-menu, there are links for "Blue Button Download My Data" and "MyPocket Dashboard". Further right, there are icons for "Platinum status", a calendar, and a pharmacy icon. At the bottom of the page, there is a green button that says "View your savings statement" and a link to "View your balance on walmart.com".

HealthyFood

Keep track of your savings online.

The screenshot shows a user interface for the Vitality HealthyFood program. At the top, it says "Welcome, Benjamin" and "Platinum status". There are navigation tabs for "Get healthy", "Health and Well Being", "Diet and nutrition", and "Vitality HealthyFood". A sidebar on the left lists various resources like "Pharmacy Resources", "Calculators", "Campaigns", "Conversations", "Courses", "Fitness and Exercise", and "Diet and Nutrition". The main content area is titled "Vitality HealthyFood" and includes a description of the 10% savings benefit. A green button says "View your savings statement". On the right, a "Savings summary" box for "BENJAMIN household" shows a total savings of "\$7.32 since October". Below this are links to "View your balance on walmart.com" and "Report lost or stolen card".

Welcome, Benjamin Platinum status Account & Settings [Sign out](#)

[Home](#) [Get healthy](#) [Health and Well Being](#) [Diet and nutrition](#) [Vitality HealthyFood](#)

- Pharmacy Resources
- Calculators
- Campaigns
- Conversations
- Courses
- Fitness and Exercise
- Diet and Nutrition
Vitality HealthyFood

Vitality HealthyFood

Earn 10% savings* on all Great For You™ healthier foods† and a \$5 reward* to spend at Walmart® is applied on each active Vitality HealthyFood™ Shopping Card of Humana/Vitality® members in your family.

When you or a Humana/Vitality member in your family completes a Vitality Check® in your current program year**, and results are received and verified by Humana/Vitality, all registered Vitality HealthyFood Shopping Cards in your household will earn 10% savings* when you buy Great For You healthier foods!

[View your savings statement](#)

Savings summary BENJAMIN household

Total Vitality HealthyFood™ savings
\$7.32
since October

[View your balance on walmart.com](#)

[Report lost or stolen card](#)

Locating the Rewards Mall and other tools. Hover over Earn Rewards and click on Mall or other item of interest to access the desired item.

Welcome, Katherine My Profile Contact Us

MyHumana.

Platinum status

Coverage, Claims & Spending Get Healthy Earn Rewards

Home > Earn Rewards > HumanaVitality Mall

HumanaVitality Mall

Enter any of the individual stores in the HumanaVitality Mall™ to begin shopping something out! It's your reward for choosing to live healthier. Congratulations!

Earn Rewards
My Vitality Statement
HumanaVitality forms
Ways to earn
How HumanaVitality Works

Mall
Jackpot

no Vitality

Reach for more rewards

223 Vitality Bucks® My balance	Platinum Vitality Status My Vitality Status™	40% My HumanaVitality Mall discount
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Humana Gear pedometer g2.0



Questions

For additional LivingWell Promise Demos
and Resources visit:

<https://livingwell.ky.gov/Pages/default.aspx>

Call Customer Service: 855-478-1623

