

Get rewarded for your activity by connecting your compatible fitness device to HumanaVitality®



Humana Vitality®



Earn Vitality Points™ using devices from these manufacturers



Activity tracker	Vitality Points awarded for			Compatibility	
	Steps	Calories	Heart rate	Online	Mobile App
HumanaGear Pedometers	✓			✓	
Fitbit Activity Trackers	✓			✓	✓
Jawbone UP Wristbands	✓			✓	✓
Geopalz Pedometer	✓			✓	
Fitbug	✓				✓
Polar		✓	✓	✓	
Garmin		✓	✓	✓	✓
Withings	✓				✓
Misfit	✓				✓
Runkeeper		✓		✓	✓
Strava		✓			✓
Moves	✓				✓
LifeFitness API		✓		✓	
LF Connect		✓			✓
Rundouble C25K		✓			✓
Apple Health	✓				✓

*See the activity tracker manufacturer section for specific devices that work within the HumanaVitality experience.

How to connect your compatible fitness device to HumanaVitality

If you have a Humana g1.0 or g2.0 Pedometer:

1. Sign in to HumanaVitality
2. Plug in your Humana g1.0 or g2.0 Pedometer
3. Click the View Calendar button and you will be automatically directed to the new Workout Calendar
4. If you don't see View Calendar, go to the Connect Fitness Devices page and click the prompt to begin registering your device

How to reconnect your fitness device to HumanaVitality:

For all other compatible fitness devices:

1. Sign in to HumanaVitality
2. Visit the Connect Fitness Devices page under Get Healthy tab → Fitness and Exercise
3. Find the link under your device logo to reconnect your device directly to HumanaVitality
4. App connects directly to HumanaVitality

How Vitality Points are awarded:

Steps: Take 10,000 steps in a calendar day to earn 15 Vitality Points.

Calories: Burn 200 calories in a single workout, at a pace of at least 200 calories per hour, to earn 15 Vitality Points.

Heart rate: Exercise at an average of 60 percent or more of your maximum heart rate for a minimum of 30 minutes in a single workout session to earn 15 Vitality Points. Your maximum heart rate is calculated by subtracting your age from 220. A compatible chest strap transmitter needs to be worn during a workout for the heart rate data to be captured.

You can also connect your device by tapping the "Connect" button on the HumanaVitality Mobile App



Compatible fitness devices



Activity tracker manufacturer	Device	Activity tracker manufacturer	Device
HumanaGear g1.0 Pedometer	g1.0 Pedometer	Jawbone UP	Jawbone UP
	g2.0 Pedometer		Jawbone UP24
Fitbit	Fitbit Classic	Misfit	Shine
	Fitbit Ultra		
	Fitbit One	Polar	- Polar Accurex Plus
	Fitbit Zip		- Polar AXN500
	Fitbit Flex		- Polar AXN700
	Fitbit Force		- Polar Coach
Fitbug	Fitbug Air	- Polar CS400	
	Fitbug Orb	- Polar CS600	
	Fitbug Go	- Polar CS600X	
Garmin	Running:	- Polar E600	
	- Forerunner 50*	- Polar FT7	
	- Forerunner 110*	- Polar FT40	
	- Forerunner 210*	- Polar FT60	
	- Forerunner 305#	- Polar FT80	
	- Forerunner 310XT*	- Polar RCX5	
	- Forerunner 405*	- Polar RS300X	
	- Forerunner 405CX*	- Polar RS400	
	- Forerunner 410*	- Polar RS800	
	- Forerunner 60*	- Polar RS800X	
	- Forerunner 610*	- Polar S610	
	- FR 70	- Polar S610i	
	- Forerunner 910XT	- Polar S625X	
	Biking:	- Polar S710	
	- Edge 500#	- Polar S710i	
	- Edge 705#	- Polar S720i	
	- Edge 800#	- Polar S725	
	- Edge 510	- Polar S725X	
	- Edge 810	- Polar S810	
	Outdoors:	- Polar S810i	
	Fenix	- Polar Sport Tester	
Fenix 2	- Polar Vantage NV		
	- Polar Vantage XL		
	- Polar XTrainer Plus		
Geopalz	iBitz	Withings	Pulse

HumanaVitality is not an insurance product.

Devices may be added or removed without warning. This grid is updated periodically to reflect changes in compatible devices. For the most accurate list, please refer to **HumanaVitality.com** or the HumanaVitality Mobile App.



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