

How to earn Vitality Points™

Your step-by-step guide to HumanaVitality®



Humana Vitality

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Earn Vitality Points at your own pace

HumanaVitality is a wellness and rewards program for everyone – no matter your age or health status. It will put you on the path to healthier living whether you're a fitness buff, just working on losing a few pounds, or training for your first 5K race. It may also help you quit smoking, lower your blood pressure, and eat healthier. There are also activities that kids can participate in.



Here's how HumanaVitality rewards you for making healthy choices:

Earn Vitality Points

- Every time you complete a verified activity or achieve a wellness goal, you earn Vitality Points
- Earning Vitality Points helps you work toward a higher Vitality Status™






Earn Vitality Bucks®

- Healthy activities not only build Vitality Points, they also earn you an equivalent amount of Vitality Bucks
- Reward yourself with the things you want in the HumanaVitality Mall by spending your Vitality Bucks

Get rewarded

- Choose rewards in the HumanaVitality Mall that include gift cards, movie tickets, fitness devices, and more
- The higher your Vitality Status, the greater your discount is in the HumanaVitality Mall

Number of Vitality Points needed to move up to each Vitality Status level Mall Discount

Platinum Vitality Status 	10,000 One adult per policy	15,000 combined Two adults* per policy	5,000 additional for each member 18 years and older per policy	40%
Gold Vitality Status 	8,000 One adult per policy	12,000 combined Two adults* per policy	4,000 additional for each member 18 years and older per policy	20%
Silver Vitality Status 	5,000 One adult per policy	8,000 combined Two adults* per policy	3,000 additional for each member 18 years and older per policy	10%
Bronze Vitality Status 	You immediately move up from Blue Vitality Status after completing the Health Assessment online or by completing any of the HumanaVitality Mobile App Health Assessment sections			0%
Blue Vitality Status 	You start at Blue Vitality Status with 0 Vitality Points			0%

START HERE
AND MOVE UP →

*If applicable, the number of Vitality Points that are required to achieve each Vitality Status.

Humana Vitality

HumanaVitality.com



Get healthy on-the-go with the HumanaVitality App

The App is packed with the best of HumanaVitality, plus new ways to keep you on track.

It's Quick

- Complete a Health Assessment section in two minutes or less to reach Bronze Vitality Status™
- Earn Vitality Points faster with short-term milestones

It's Convenient

- Easily connect your fitness device
- Claim Vitality Points with just a couple taps on your phone

It's Personal

- Customize your profile with pictures that keep you motivated
- Choose the path you want and begin your journey to better health

Explore these features

- Personalized dashboard
- Seven Health Assessment sections:
- Connect a fitness device
- Contact a Health Coach
- Join a challenge
- Enroll in Vitality HealthyFood™



Earn Vitality Points using the App or HumanaVitality.com



	App	HumanaVitality.com
Achieve Bronze Vitality Status	Complete at least one of the seven short Health Assessment sections	Complete full Health Assessment
Claim Vitality Points	Submit verification by submitting a photo from your phone	Complete an online or printed Proof of Participation form
Set Personalized Goals		Complete your Health Assessment and receive recommended goals achievable over a longer period of time (3 to 6 months)
Complete a Milestone	Milestones are short-term mini-goals designed to jump start your path to healthier living - achievable in a few days or weeks	
Connect Fitness Device	Yes	Yes
Join a Challenge	Yes	Yes
Take a Course		Access a variety of online educational resources

The App has a lot of great features, but the experience is not identical to HumanaVitality.com. The App complements the full program, offered online.

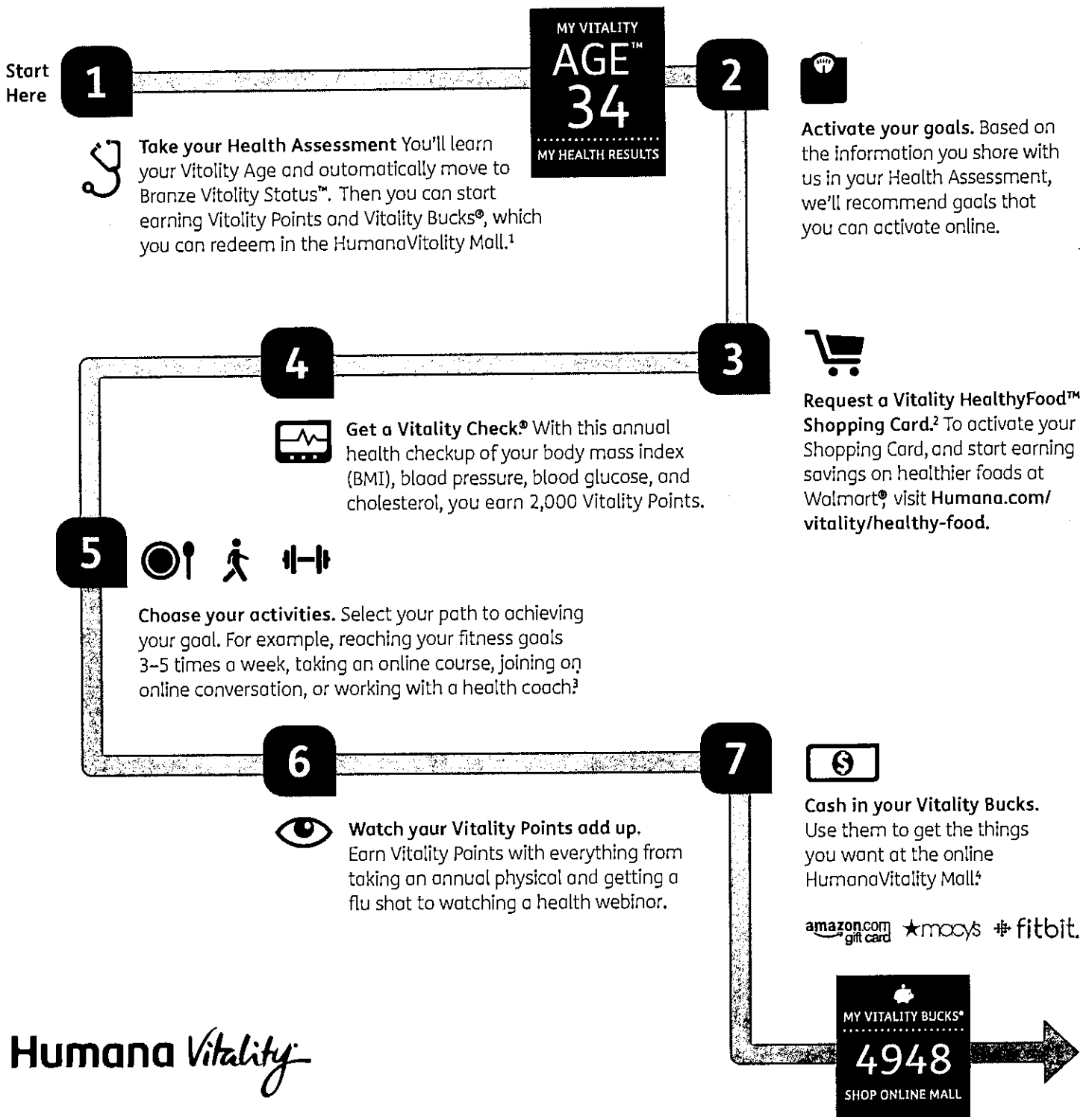


HumanaVitality.com



The path to earning Vitality Points and rewards

If you have a MyHumana username/password, you can use it to sign in or register at HumanaVitality.com or on the App.



Humana Vitality

¹HumanaVitality keeps information personal and private. For details of the Privacy Policy, visit Humana.com/Vitality/Legal-and-Privacy.

²Vitality HealthyFood is not available to all HumanaVitality members. Sign into your HumanaVitality.com account to determine your eligibility.

³Not all HumanaVitality programs include working with a personal health coach.

⁴Products offered through the HumanaVitality Mall may change without notice.

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Education activities

Activity	Vitality Points
Health Assessment (HA) HumanaVitality calculates your Vitality Age with a brief online health questionnaire. Members earn Vitality Points for completing the HA for the first time each program year.	500
First Step Health Assessment Once-in-a-lifetime reward for the first-time HA completion.	500
Health Assessment bonus Members can earn bonus Vitality Points when the HA is completed within 90 days of the program effective date or program renewal date.	250
Calculators Online tools that measure aspects of your health, like "Are you at risk for a heart attack?". They can help you take steps to lead a healthier life. There are 19 different calculators, and adult members can earn Vitality Points for each calculator they use – up to four per program year.	75
CPR certification	125
First aid certification An adult member must send a completed CPR Form or First Aid Form, available online, to HumanaVitality with the copy of certification within 90 days of completing the event. The form can be submitted while your certification is still valid, if you completed your certification before your HumanaVitality effective date.	125
Update/confirm contact information (Once per year)	50
Monthly HumanaVitality.com visit	10
Accept online statements (Once per lifetime)	50

Health Assessment

The Health Assessment provides your Vitality Age, a number that tells you whether your body is living younger or older than your actual age.

Vitality Age is based on your current health, nutrition, and exercise habits, along with other lifestyle factors. Once you know your Vitality Age, we'll help you set goals for activities that can lead to improved health.

Retake your Health Assessment every program year to be able to access all HumanaVitality program features.

Campaigns, Courses, Conversations, and Calculators

You can also participate in interactive online resources that educate, guide, and support your health goals. Receive email messages or listen to conversations about health topics that interest you or that are aligned with your goals. Vitality Points are awarded only if this is associated with one of your active goals.



Health Assessment

Move to Bronze Vitality Status faster by completing a Health Assessment section on the App in two minutes or less. Complete all seven sections to receive your Vitality Age.



Humana Vitality

Fitness activities

Activity	Vitality Points
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<p>Verified workout Members can earn 15 Vitality Points for a workout through partner fitness facilities, tracking with a pedometer or heart rate monitor, or by using smartphone activity-tracking apps.</p>	15
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<p>First verified workout of the week (Monday – Sunday) Members can earn 15 bonus Vitality Points for their first workout of the week.</p>	15
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<p>5+ verified workouts per week (Monday – Sunday) Members can earn an additional 40 Vitality Points for five or more workouts of the week.</p>	40
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<p>Sports league A member must be an active team member in a qualified, organized sports league, such as baseball or basketball. The minimum number of games or matches that must be played is eight. Members must complete a League Participation Form, available online, and submit within 90 days of league completion to HumanaVitality or claim Vitality Points on the App by sending a photo of the official schedule, award, or certificate from your phone.</p>	350
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Athletic events
A member must register for and complete a fitness event or race approved by a fitness, athletic, or sporting organization recognized by HumanaVitality. The member must complete the Athletic Event Form, available online, and submit it within 90 days of the event completion to HumanaVitality or claim Vitality Points on the App by sending a picture of your race bib, results, or you crossing the finish line from your phone.

<p>Example: running, walking, cross-country skiing, cycling, and triathlons</p> <p>Level 1</p> <p>Level 2</p> <p>Level 3</p>	<p>250</p> <p>350</p> <p>500</p>
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Partner Fitness Facilities

Many partner fitness facilities offer membership at a discounted rate. Others track your workouts automatically. Find out the partner fitness facility nearest you at HumanaVitality.com by clicking on Fitness & Exercise under the Get Healthy tab.



Verified Workouts

Heart rate monitor workout

An adult member must exercise at 60%, or greater, of their maximum heart rate for a minimum of 30 minutes in a single session. Your maximum heart rate is calculated by:
 $220 - \text{Age} = \text{Maximum Heart Rate}$.

Smartphone activity-tracking apps

An adult member needs to burn at least 200 calories in a single workout at a pace of at least 200 calories per hour.*

Pedometer workout

Earn 15 Vitality Points for reaching 10,000 steps in a calendar day.

*Subject to change. Visit HumanaVitality.com for the latest information.

Distances vary with each athletic event. Greater distances offer greater Vitality Points earning opportunities.

Reasonable Alternative Standard: If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, call the number on the back of your Humana member ID card and we will work with you to develop another way to qualify for the reward.



Activity	Vitality Points
Health screenings Earn Vitality Points by getting screenings such as a Pap smear, mammogram, prostate exam, or colorectal screening.	400 per (up to 400/program year)
Dental exam Visit your dentist and earn Vitality Points for preventive dental exams up to two times per program year.	200 per (up to 400/program year)
Vision exam Earn Vitality Points for a preventive vision exam once per program year.	200
Flu shot Get your annual flu shot and submit the Prevention Activity Farm, available online, within 90 days to earn Vitality Points. Use the App to submit a photo of the date and location where you received your flu shot.	200
Nicotine test After receiving a cotinine (nicotine) test, submit a Nicotine Test Farm, available online, within 90 days of completing the test with your healthcare provider.	400
Vitality Check Earn Vitality Points by getting your Vitality Check at an approved healthcare provider or from your physician. The Vitality Check measures your:	
Body mass index (BMI)	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400



How to Reach Silver Vitality Status

Watch our YouTube video to learn some quick ways to move from Bronze Vitality Status to Silver Vitality Status -- and earn a 10% discount in the HumanaVitality Mall.

Go to <http://bit.ly/howtogettoSilver>.

Reach Silver Vitality Status

Completing your Health Assessment and getting your Vitality Check give you a great start toward reaching 5,000 Vitality Points toward Silver Vitality Status. Here's an example of how to earn 5,000 Vitality Points:

Health Assessment	500
First Step Health Assessment	500
Vitality Check	2,000
Basketball league	350
Blood donation (x3)	150
Flu shot	200
Verified workouts	875
Calculator (x4)	300
CPR certification	125
Vitality Points Total:	5,000

Save with Vitality HealthyFood*



Request your Vitality HealthyFood Shopping Card and save 10% on Great For You™ healthier food purchases at Walmart.

*Vitality HealthyFood is not available to all HumanaVitality members.



Activity	Vitality Points
<p>Blood donation 50 per (up to 300/program year) Donate blood up to six times a year. Earn Vitality Points when you submit a Blood Donation Form, available online, within 90 days of the donation date or use the App to send a photo of your donation card, signed document from agency, or signed work release by phone.</p>	400
<p>Nicotine test After you receive a catinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare provider. You can earn Vitality Points if the results fall within a healthy range.</p>	400
<p>Vitality Check Double your Vitality Points if these results are within a healthy range. Sign in to HumanaVitality.com to find healthy in-range results.</p>	800
<p>Body mass index (BMI)</p>	800
<p>Blood pressure</p>	400
<p>Blood glucose</p>	400
<p>Total cholesterol</p>	400

Reasonable Alternative Standard: If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, call the number on the back of your Humana member ID card and we will work with you to develop another way to qualify for the reward.



Eat Healthy

HumanaVitality helps you eat healthier and cook healthier, too. Check out our great-tasting healthy recipes on HumanaVitality.tumblr.com.

Double your Vitality Points

Complete your Vitality Check and earn 2,000 Vitality Points. If your results are within a healthy range, you automatically earn an additional 2,000 points – for a total of 4,000 Vitality Points. Sign into HumanaVitality.com to find healthy in-range results.





Vitality Points for Vitality Kids™

HumanaVitality provides fun ways to help keep your children healthy and active. Their participation can also earn your family Vitality Points and Vitality Bucks.

Activity	Vitality Points
Health Assessment The Kids Health Assessment covers a child's physical activity, nutrition, lifestyle, and well-being. This provides a view of your children's well-being and the areas that need improvement.	200
Dental exam Visit your dentist and earn Vitality Points for preventive dental exams up to two times per program year.	100 per (200/program year)
Vision exam Earn Vitality Points for a preventive vision exam once per program year.	100
Preventive care visit A pediatrician can check on the health of your children and you can ask any questions you may have about their health.	200
Immunizations At designated ages, your children will receive immunization shots to help protect them from various illnesses.	100
Flu shot Help your children avoid getting the flu by making sure they get an annual flu shot.	100
Fitness Children (up to 18 years old) on a HumanaVitality program can earn Vitality Points for two qualifying sports league activities and four athletic events, like baseball or swimming, per program year. Each sport season qualifies as a single sports league. Minimum number of games or matches is eight.	
Sports league	100 per (up to 200/program year)
Athletic events	50 per (up to 200/program year)
Fitness category maximum	400 Vitality Points per child



Athletic Events

If your children participate in events like running, walking, cycling, or swimming, they can earn Vitality Points.

Sports Leagues

Your family can earn 100 Vitality Points when your children join a sports league. Each sport season qualifies as a single activity.

Any games and/or matches over eight do not count as additional activities. Each dependent child can qualify for two sports leagues per year.

To earn Vitality Points for participating in a sports league, the league schedule must occur during your effective dates as a HumanaVitality member.



HumanaVitality.com



Standard activities at a glance

Education

Maximum Vitality Points per program year 2,000

Activity	Vitality Points
Health Assessment	500
First Step Health Assessment*	500
Health Assessment bonus**	250
Calculator(s)	75 each (up to 300/program year)
CPR certification	125
First aid certification	125
Update/confirm contact information	50
Monthly HumanaVitality.com visit	10 each (up to 120/program year)
Accept online statements*	50
Kids Health Assessment	200

*Once-in-a-lifetime reward.

**For completion of the Health Assessment within the first 90 days of your HumanaVitality program year.

Prevention

Maximum Vitality Points per program year 3,800

Activity	Vitality Points
Health screenings*	400 per screening
Flu shot	200
Nicotine test	400
Vitality Check completion:	
Body mass index (BMI)	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400
Dental exam	200 per (up to 400/program year)
Vision exam	200
Kids preventive care visit	200
Kids dental exam	100 per (up to 200/program year)
Kids vision exam	100
Kids immunizations	100
Kids flu shot	100

*Subject to certain requirements and will appear on your Vitality Points statement if they are applicable to you.

Reasonable Alternative Standard: If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, call the number on the back of your Humana member ID card and we will work with you to develop another way to qualify for the reward.

Humana Vitality

Fitness

Maximum Vitality Points per program year 8,300

Activity	Vitality Points
Verified workout: partner health club, device, or mobile apps	
Each verified workout	15 per day (up to 5,475/program year)
First verified workout of the week (Monday - Sunday)	15 bonus points per week (up to 780/program year)
5+ verified workouts per week (Monday - Sunday)	40 bonus points per week (up to 2,080/program year)
Sports league	350
Athletic events (running, walking, cross-country skiing, cycling, triathlons):	
Level 1	250
Level 2	350
Level 3	500
Kids sports league	100 each (up to 200/program year)
Kids athletic events	50 each (up to 200/program year)

Healthy Living

Maximum Vitality Points per program year 2,700

Activity	Vitality Points
Blood donation	50 (up to 300/program year)
Nicotine test (in-range results)	400
If your Vitality Check is in a healthy range, you double your Vitality Points:	
Body mass index	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400

Sign in to HumanaVitality.com to find healthy, in-range results.



Keep track of your Vitality Points

Use this worksheet to map out the number of Vitality Points you need to move up to the next Vitality Status level. Include standard activities, as well as recommended goals based on your current health status.



Vitality Points needed

Example of activities:	Vitality Points
Get a flu shot	200 pts
Join a sports league	350 pts
Get a Vitality Check	2,000 pts

The HumanaVitality Mall has a wide selection of rewards to choose from:



Go to HumanaVitality.com/mall.



<input checked="" type="checkbox"/> Goals to achieve	Vitality Points
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
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<input checked="" type="checkbox"/> Standard activities	Vitality Points
<input type="checkbox"/> _____	
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