

Getting Started with HumanaVitality[®]



GCHHQ4FEN



HumanaVitality is not an insurance product

What is it?

HumanaVitality is a wellness and rewards program created to help you get, and stay, on a healthier path - one small step at a time.



Humana Vitality

HumanaVitality provides meaningful incentives and rewards as you work toward individualized goals to help reduce lifestyle driven diseases such as: diabetes, heart disease, and some cancers.

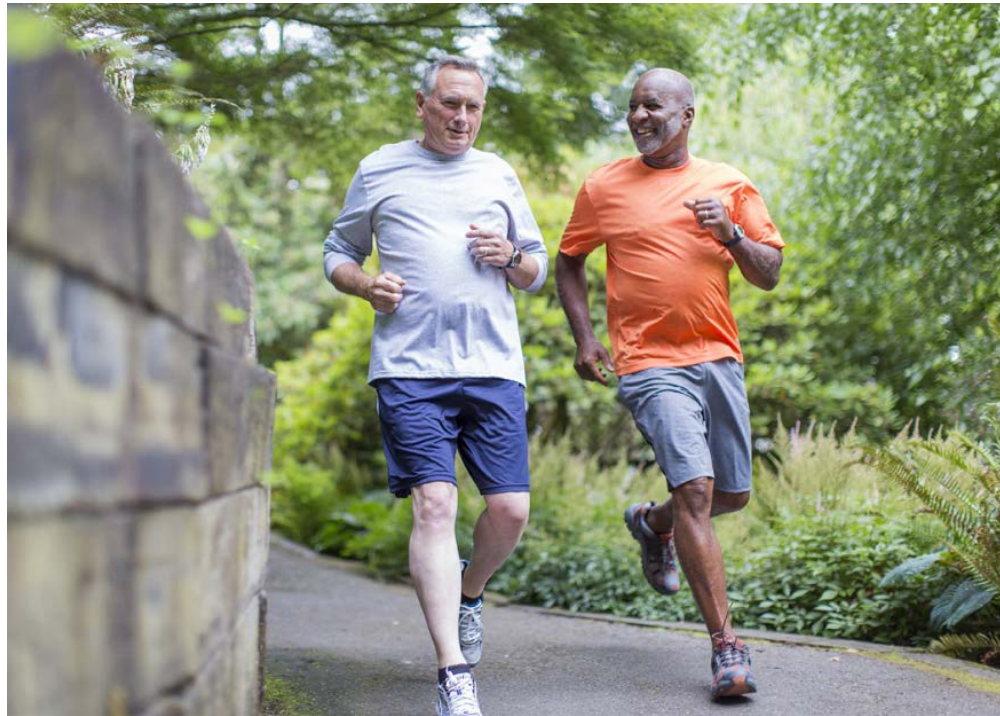


Humana Vitality

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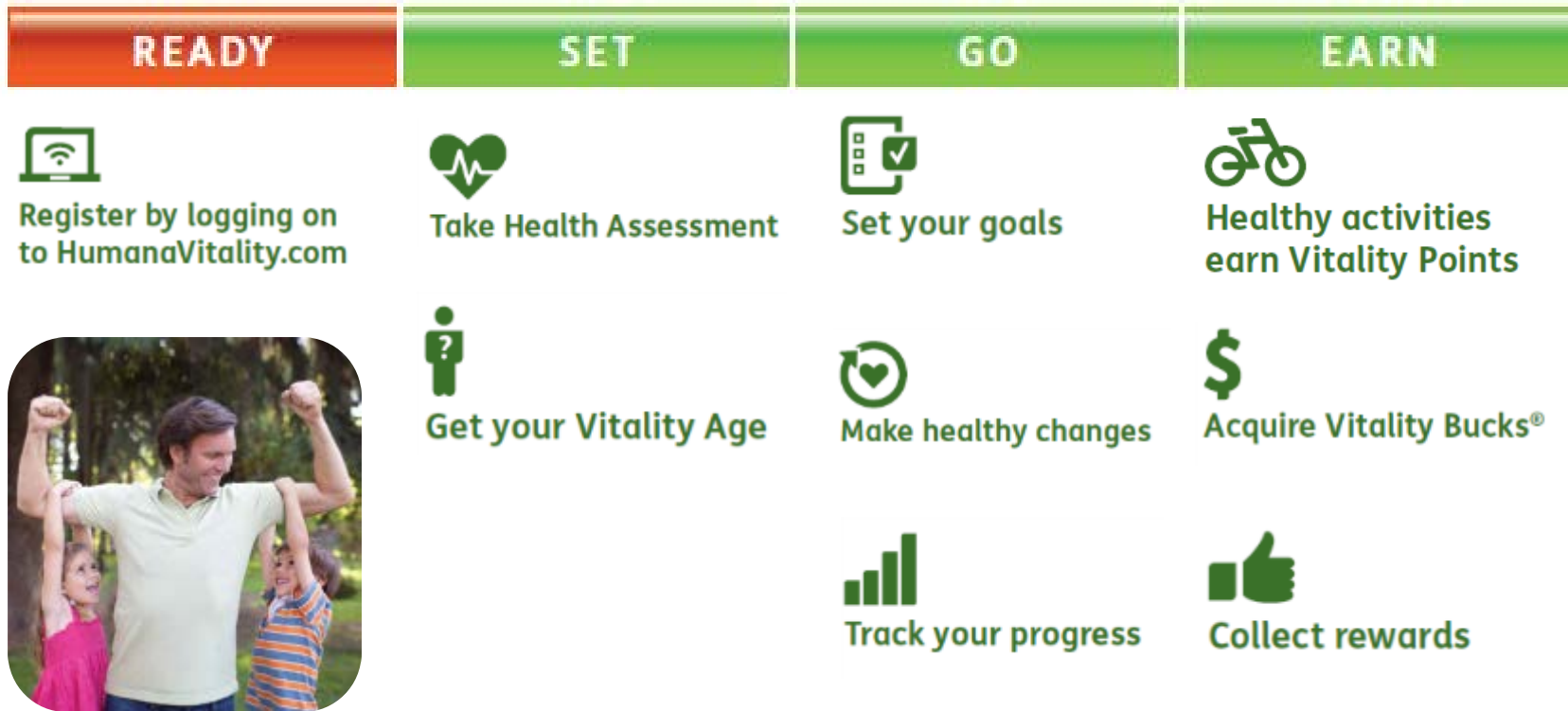
How long do you want to live? What quality of life do you want to have?
What does your picture of wellness look like?



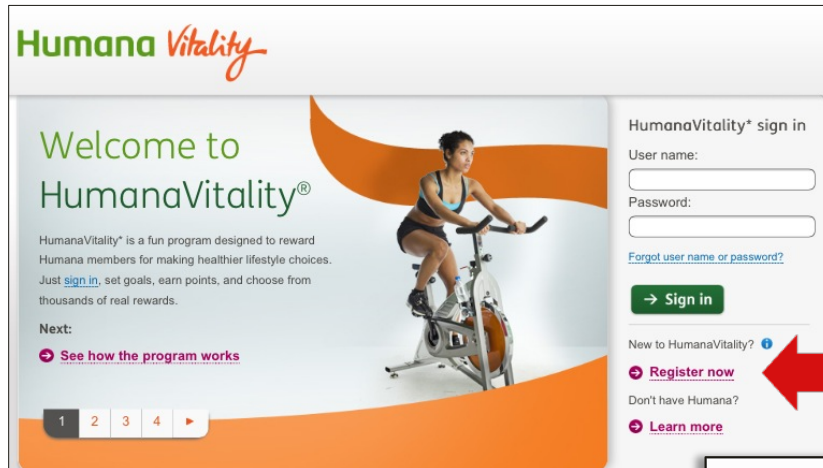
HumanaVitality is passionate about helping you achieve your wellness goals!



How does it work?



Ready: Get Registered



Humana Vitality

Welcome to HumanaVitality®

HumanaVitality® is a fun program designed to reward Humana members for making healthier lifestyle choices. Just [sign in](#), set goals, earn points, and choose from thousands of real rewards.

Next:
➔ [See how the program works](#)

1 2 3 4 ▶

HumanaVitality® sign in

User name:

Password:

[Forgot user name or password?](#)

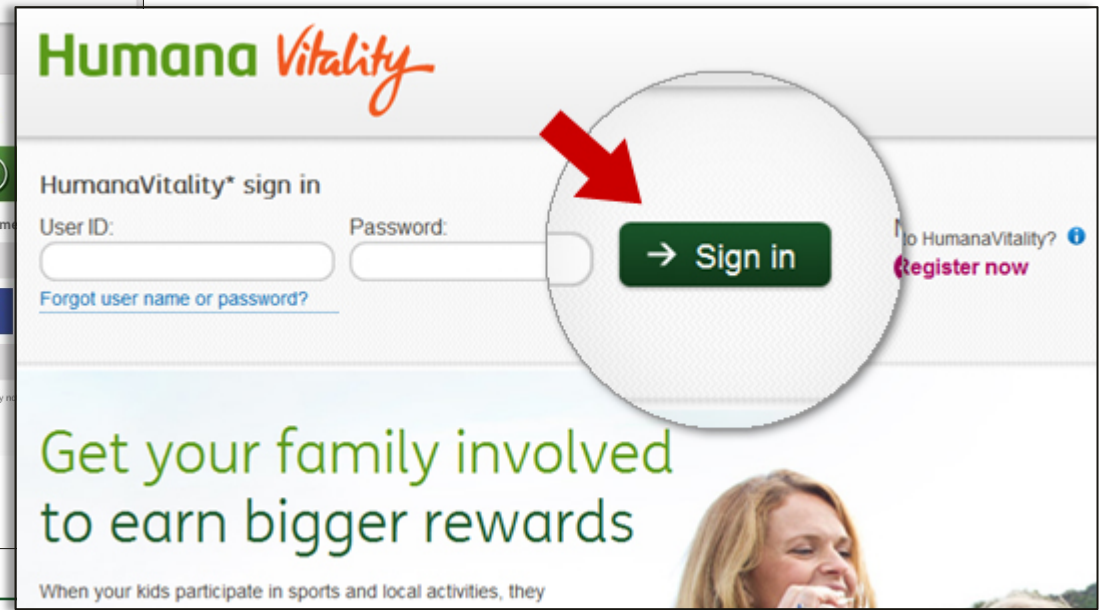
→ Sign in

New to HumanaVitality? ⓘ

➔ **Register now**

Don't have Humana?

➔ [Learn more](#)



Humana Vitality

HumanaVitality® sign in

User ID: Password:

→ Sign in

[Forgot user name or password?](#)

New to HumanaVitality? ⓘ [Register now](#)

Get your family involved to earn bigger rewards

When your kids participate in sports and local activities, they



Set: Complete your Health Assessment

- The interactive HA asks questions about your lifestyle habits.
- HIPAA compliant and will not affect your premium.
- Takes 15-20 minutes to complete on a computer or tablet.

MyHumana. Kathleen's Health Assessment
[Change User](#) [Save my progress & exit](#)

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](#)

MyHumana. Kathleen's Health Assessment
[Change User](#) [Save my progress & exit](#)

Fitness & Exercise

On average, how many days a week do you exercise?

6

On days when you do exercise, on average how many minutes do you spend doing so?

60

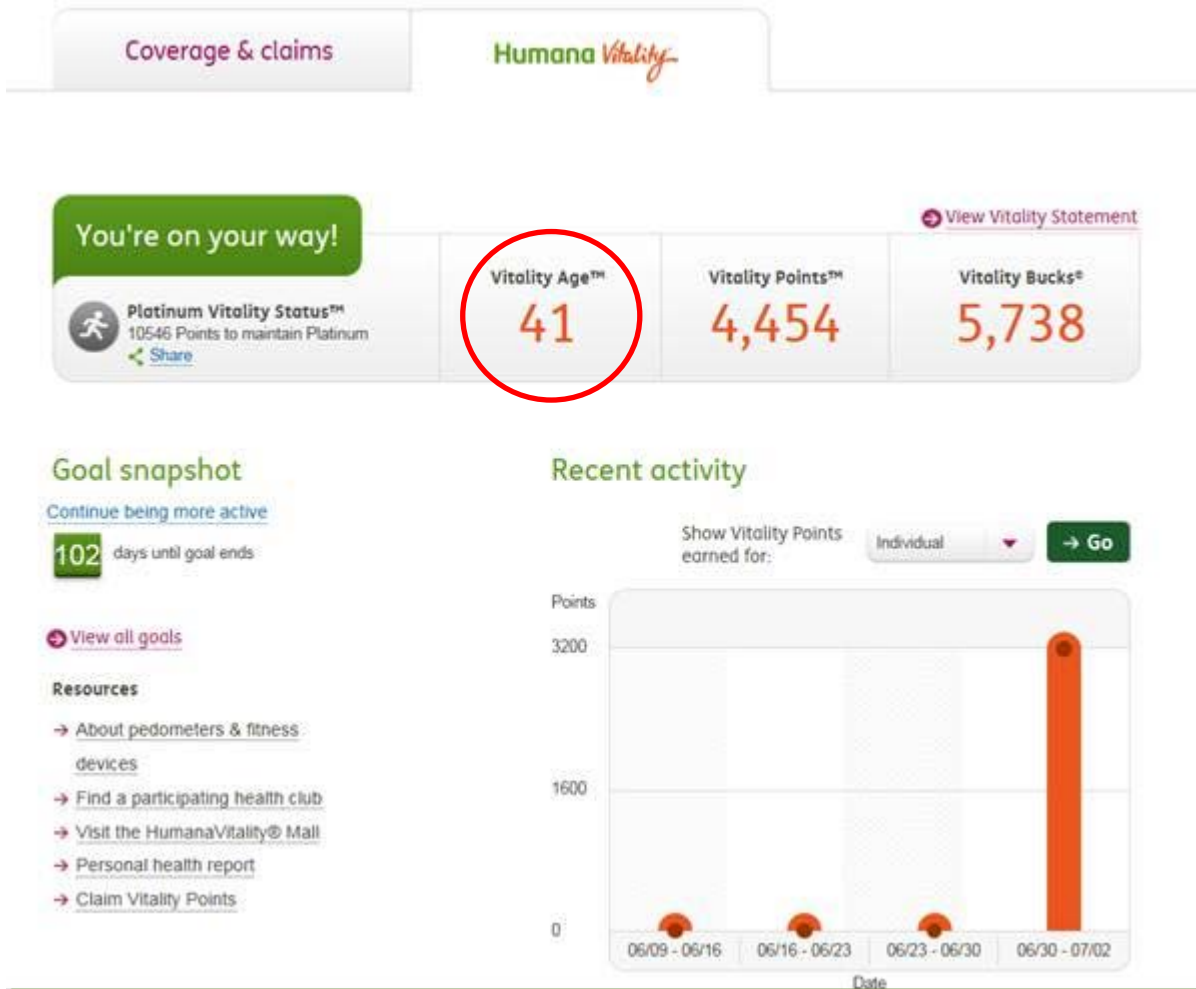
How intense are these exercise sessions? ⓘ

None Selected | Low intensity | Medium intensity | High intensity

← **Next** [Save my progress & exit](#)



Set: Receive your Vitality Age™



- Vitality Age is based on your lifestyle habits indicated in your HA & from your Vitality check results.
- Your Vitality Age could be higher or lower than your physical age.
- Results will vary by person, and can change over time as you improve your health-related habits.

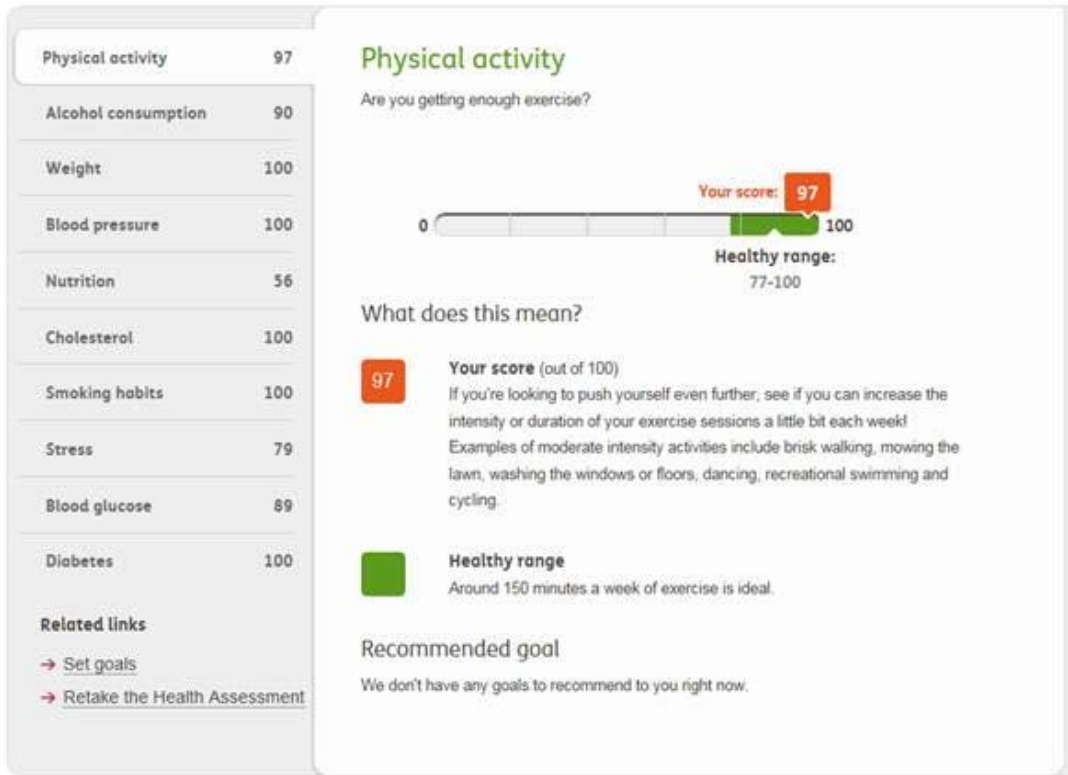


Personal Health Results

My personal report

Your health has been evaluated 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



- Gain an understanding of your current health and health risk status.
- An easy to read personal health report gives you a score from 0 to 100.

Set: Vitality Check®



A Vitality Check is a Biometric screening that measures:

- BMI,
- Blood pressure,
- Blood glucose and
- Cholesterol



Vitality Check Partner Locations

MyHumana®

Coverage, Claims & Spending >

Get Healthy ▾

Get Rewarded >

Health Assessment

Healthy Living

Questionnaire

Personal Health Report

My Goals

Vitality HealthyFood

Fitness & Exercise

Diet & Nutrition

Healthy Living

Conditions

Pharmacy Resources

Program Center

Health & well-being

Humana Vitality



- > Pharmacy Resources
- > Calculators
- > Campaigns
- > Conversations
- > Courses
- > Fitness and Exercise
- > Diet and Nutrition
- v **Healthy Living**
 - [Prevention Programs](#)
 - Vitality Check**
- > Conditions

Vitality Check

A Vitality Check[®] is a blood screening and biometric assessment that will measure your levels and chart your location on the path to better health – all while earning you Vitality Points[™].

There are four different types of locations where you can get a Vitality Check: Take Care Clinic, The Little Clinic, your personal physician, or a Concentra Medical Center — where you will get your results on the spot.



Vitality Check at-a-glance



Earn Vitality Points



Only 30 minutes



Set & meet your goals



If a medical condition makes it extremely difficult or it's medically inadvisable for you to reach the HumanaVitality standards, please call the phone number on the back of your Member ID card and we'll help develop another way for you to qualify for rewards.

What to Expect Before your visit	How to Earn
--	-------------



Validity Check Things to Know

1. Once you choose the location that is right for you, you will need the corresponding voucher to take with you.
2. There are different forms for each different partner location: Concentra, Walgreens, Little Clinics, and your own Primary Care physician.
3. This form tells the clinician which tests to run, where to send your results, and to send the bill to the appropriate place.

Preferred Network Provider Voucher for Humana Vitality

BMI (Height & Weight) and Waist Circumference	One-on-One Counseling (Teachable Moment)
Cholesterol Screening (rapid) via finger-stick*	Glucose Screening (rapid) via finger-stick*
Blood Pressure	Individual Know Your Numbers Report

For Participant

* For the Cholesterol and Glucose Screenings, fasting 9-12 hours prior to your screening is encouraged. To the extent your health permits, no food should be consumed during this time but we strongly encourage you to drink plenty of water.

Note that all components identified above as well as signing the Release of Information form allowing the Health Provider to send Concentra your data are required in order for Concentra to pay for the Services and process your results for delivery to Humana Vitality.

Call the Provider in advance of your visit to ensure proper scheduling of your Biometric Screening

1. When visiting the Provider facility, please bring this Voucher, your Humana Insurance Card or Humana Vitality Membership Card and the Know Your Numbers form along with Photo Identification (example – Drivers License). Please note: If a Humana Medical ID card is not presented at time of service, the screening cannot be completed. If you are in need of a Humana Medical ID card prior to your visit, contact Humana at 1-800-4HUMANA (1-800-448-6262).
2. Sign in at the front desk and follow all Provider instructions for patient check-in.
3. Please present this Voucher at check-in at the beginning of your visit to ensure the appropriate services are performed.

Note: With your signature on the release of information form you approve of your information being sent to Concentra at the address listed below in item 3 of the Provider instructions for processing and delivery to Humana Vitality.

4. The Network Provider check-in staff will collect this Voucher from you.
5. You must complete a Release of Information Form to consent to release information to Concentra in order for Concentra to pay for this visit and process your data for delivery to Humana Vitality.
6. If you do not complete a Release of Information Form, the voucher is no longer applicable and you may proceed with the testing by providing an alternate means of payment and Concentra will not receive your results for process and delivery to Humana Vitality.

For Health Provider

1. Verify employee's eligibility by matching the Photo Identification with the Humana Insurance Card or Humana Vitality Membership Card (retain copies of both along with this Voucher in the patient record).
2. Verify that the participant will participate in all screening components identified above.
3. Record the following information on the Release of Information form showing the participant where their data will be sent. Obtain patient signature on Release of Information Form and provide patient a copy of HIPAA policy.

Concentra
 5080 Spectrum Drive Suite 1200W
 Addison, TX 75001

4. All measurements must be obtained by the clinician (verbal results are not acceptable).
5. Document all measurements and blood results on the Know Your Numbers (KYN) Form.
6. Complete the Teachable Moment.
7. Have patient sign the KYN form, provide patient a "copy" and keep the original in the patient file
8. Prepare data file and Invoice for delivery to Concentra based on pre-defined processes

Maintain this Voucher and all patient documents in the patients record

Know Your Numbers

Biometric Measurements

Employer: _____

Last name: _____ First name: _____ M.I.: _____

Patient ID #: _____ Date of Birth (MM/DD/YYYY): _____

Male Female For women, are you pregnant? Yes No

Have you been fasting (nothing by mouth for 9 to 12 hours)? Yes No

Screening name: _____
 Screening location: _____
 Website (include name)
 Concentra clinic

Measurement	Risk Level	Risk	Your results	Extreme Values*	Alert	Participant Initials
Current tobacco use	Any use	<input checked="" type="checkbox"/>	<input type="checkbox"/> None <input type="checkbox"/> Cigarettes <input type="checkbox"/> Cigars <input type="checkbox"/> Smokeless tobacco		<input checked="" type="checkbox"/>	
Height			in			
Weight			lb			
Body Mass Index	≥ 30 kg/m ²		kg/m ²	≥ 35 kg/m ²		



*Concentra is a part of the Humana family of companies and is not owned by HumanaVitality, LLC.

Vitality Check Things to Know

1. Not all HumanaVitality plans cover the cost of the Vitality Check, and your company may require you to go to your Primary Care Physician (PCP).
2. If you go to your own doctor, or a vendor not in our network, co-pays or other costs may apply, please refer to your health plan for further information.
3. If you go to your PCP, it is up to you to send HumanaVitality your results by fax, mail, or scanning an electronic copy through our secure message center on MyHumana.
4. Please fill out the entire form AND attach the results from your doctor.

HumanaVitality® Vitality Check

To receive Vitality Points™, you must submit the completed form within 90 calendar days of the activity completion date. Please keep a copy of the completed form for your records.

Member Instructions:

1. Set up your appointment with the provider of your choice*. When you make your appointment tell the provider what measurements you need. Those measurements could include height, weight, blood pressure, complete cholesterol or fasting blood glucose tests. The HbA1c test is needed if it is part of your active goal to get your blood glucose in healthy range.

* Use this form at the doctor's office, clinic, or health facility of your choice. You can get a Vitality Check when you visit your doctor as part of your annual wellness visit check-up. You can also obtain your Vitality Check from a HumanaVitality participating provider near you. NOTE: You may incur out of pocket costs depending on your plan benefits.

2. Fill out Section A: Member information/Attestation
3. Take this form with you and give it to your provider
4. Send the completed form to HumanaVitality. You can ask your provider to send it for you, but you are responsible for making sure HumanaVitality receives the form.

Provider Instructions:

1. Fill out Sections B, C and/or D and E. Fill out Section C or D depending on the measurements or tests the patient needs.
Hand-write the measurements or test results on the form. Proof of the patient's measurements or test results does not need to be submitted.

Section A: Member information – please print	
First name:	Last name:
Member / Subscriber (Sub) ID#:	Date of birth (MM/DD/YYYY):
Phone number:	

Attestation / Consent to release and use of information	
I consent to the release of my fitness/medical information to HumanaVitality or its representatives. A photocopy of this consent shall be as effective and valid as the original. This consent shall be considered valid for one year from the date signed.	
I understand and agree that HumanaVitality and its representatives have the right to request and review, at any time, applicable screening test(s) to confirm information and results herein. I authorize the release of information and results to HumanaVitality.	
Member signature:	Date (MM/DD/YYYY):

Section B: Provider information – please print	
Doctor/practice/facility name:	
Date of measure (MM/DD/YYYY):	
Height (Inches):	Systolic blood pressure (mmHg):
Weight (lbs):	Diastolic blood pressure (mmHg):
Body mass index (BMI):	
Waist circumference (Inches):	


Section D: Clinical laboratory test results	
Date of test (MM/DD/YYYY):	
Fasting blood glucose (mg/dL):	HDL cholesterol (mg/dL):
Total cholesterol (mg/dL):	Triglycerides (mg/dL):
LDL cholesterol (mg/dL):	
Total cholesterol (mg/dL):	Triglycerides (mg/dL):
LDL cholesterol (mg/dL):	
Optional* HbA1c (%):	

*The HbA1c test is needed only if it is part of your active goal to get your blood glucose in healthy range. There may be a cost associated with this test. Ask your provider for more information.

Optional* HbA1c (%):	
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*The HbA1c test is needed only if it is part of your active goal to get your blood glucose in healthy range. There may be a cost associated with this test. Ask your provider for more information.

Section E: Certification of results – please print	
I certify I personally tested this individual and attest to the accuracy of results reported herein.	
First / last name of person conducting measure / test:	
Title:	
Provider signature:	Date (MM/DD/YYYY):

Send the completed form as indicated to:
 Online: Visit MyHumana and click the  or My Messages link
 Or Fax: 1-877-250-7814
 Or Mail: HumanaVitality, P.O. Box 14613, Lexington, KY 40512-4613

Please Note: HumanaVitality reserves the right to confirm the accuracy of information received. Submission of incorrect or inaccurate information may result in the member not earning or the removal of Vitality Points and Vitality Bucks®.



Vitality Check Points

Vitality Check measurements and tests	Vitality Points earned for completing	Potential Vitality Points for in-range healthy results
Body mass index (BMI)	800 Vitality Points	800 Vitality Points <25 and \geq 18.5
Blood glucose	400 Vitality Points	400 Vitality Points <100 mg/dL
Blood pressure	400 Vitality Points	400 Vitality Points systolic < 120 mmHg diastolic <80 mmHg
Total cholesterol	400 Vitality Points	400 Vitality Points <200 mg/dL
Total Vitality Points	2,000 Vitality Points	2,000 Vitality Points
Total possible Vitality Points 4,000		

Vitality Check results must be received within 90 days from when the check was completed in order to receive credit.

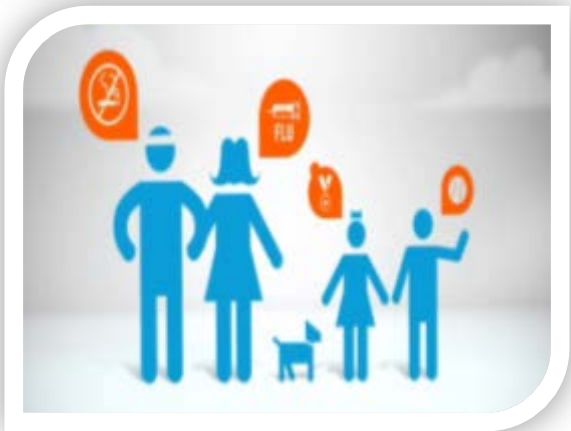
We cannot accept Vitality Checks older than 90 days due to our NCQA certification.



Earning Vitality Points™



1. **Personal Pathway™:** After completing the Health Assessment, HumanaVitality will suggest goals that are personalized to your needs.



2. **Standard Activities:** Potential for ALL members to earn Vitality Points in Education, Fitness, Prevention, and Healthy Living categories.



Vitality Points for Personalized Goals

Get Healthy My Goals Goal Detail

Continue being more active

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.

Humana Vitality

Print

Goal summary

Activity type: Athletic events **Go**

Keep up the good work! You've completed 0 Level 1 event and only need 3 more to complete this goal!

Level 1
0 of 3 events complete

or

Level 2 or 3
You can also complete this goal by completing a level 2 or 3 athletic event

400 Vitality Points™ awarded for completion

102 Days left to complete this goal
End date: 10/14/2013

Remove goal

[What is this goal?](#)
[Why was this goal recommended to me?](#)
[How do I complete this goal?](#)

Goals and Vitality Point values are personalized and unique to each individual.

Recommended activities

On top of the Vitality Points you'll earn for completing this goal, you can rack up additional points for completing the activities listed below.

Fitness

Available activities	Vitality Points	When can I earn?	Report Vitality Points earned
✓ Partner Health Club Workout	15	One With Highest Points Per Day Within Same Group	-
Workout Using a Heart Rate Monitor	15	One With Highest Points Per Day Within Same Group	-
✓ Verified Workout - Pedometer	15	One A Day Within Same Group	-
Complete a Level 1 Athletic Event	250	One With Highest Points Per Day Within Same Group	Verify points
Complete a Level 2 Athletic Event	350	One With Highest Points Per Day Within Same Group	Verify points
Complete a Level 3 Athletic Event	500	One With Highest Points Per Day Within Same Group	Verify points
Join a Sports League	350	Five A Year	Verify points
✓ Verified Workout - Smartphone	15	One With Highest Points Per Day Within Same Group	-
Verified Workout - Fitness Video Game	15	One With Highest Points Per Day Within Same Group	-

Earn Vitality Points by setting recommended goals and improving your health through recommended activities.



Vitality Points for Standard Activities

Vitality Points Adults 18+



Education



Maximum Points Per Year 2,000

Activity	Points
Health Assessment (HA)	500
First step HA*	500
HA bonus**	250
Calculator(s)	75 each (up to 300/year)
CPR certification	125
First Aid certification	125
Update/confirm contact information	50
Monthly log in to Humana.com	10 each (up to 120/year)
Accept online statements	50

* Once in a lifetime reward for first-time HA completion

** For completion of the HA within the first 90 days of your HumanaVitality program year

Prevention



Maximum Points Per Year 3,800

Activity	Points
Health screening*	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

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

Fitness



Maximum Points Per Year 8,300

Activity	Points
Verified workout: partner health club, device or mobile apps	
Each verified workout	15 per day (up to 5,475/year)
1st verified workout of the week (Monday-Sunday)	15 bonus per week (up to 780/year)
5+ verified workouts per week (Monday-Sunday)	40 bonus per week (up to 2,080/year)
Sports league	350
Athletic events: (running/walking, cycling, triathlon)	
- Level 1	250
- Level 2	350
- Level 3	500

Healthy Living



Maximum Points Per Year 2,700

Activity	Points
Blood donation	50 (up to 300/year)
Nicotine test (in-range results)	400
Vitality Check in-range results:	
Body mass index: <25 and ≥ 18.5	800
Blood pressure systolic < 120mmHg diastolic < 80mmHg	400
Blood glucose <100mg/dL	400
Total cholesterol < 200mg/dL	400

All HumanaVitality members can complete over 30 activities to earn Vitality Points in addition to their recommended goals.

If applicable to your plan, children under 18 can help the family earn up to 1,000 Vitality Points per child per year for various activities.



GNHH33THH 0512

[Learn more at Humana.com](https://www.humana.com)



If a member is unable to perform any standard activity due to a medical condition, HumanaVitality will work with the member for an alternate achievable activity.

Getting to Silver Vitality Status Activity

Using the Vitality Points sheet, and notes pages, determine how an individual member could achieve Silver Vitality Status by doing activities in all FOUR categories.

For an extra challenge, assume this person did not receive Healthy living Vitality Points for in-range biometrics.

You have 5 minutes.



Using the HumanaVitality Points flyers, work with your table team to identify **one way** a single member can achieve *Silver Status* by participating in the 4 core areas of the program.

EDUCATION, PREVENTION, FITNESS & HEALTHY LIVING

Education

Maximum Points Per Year 2,000

Activity	Points
_____	_____
_____	_____
_____	_____
_____	_____

Total Points: _____

Prevention

Maximum Points Per Year 3,800

Activity	Points
_____	_____
_____	_____
_____	_____
_____	_____

Total Points: _____

Fitness

Maximum Points Per Year 8,300

Activity	Points
_____	_____
_____	_____
_____	_____
_____	_____

Total Points: _____

Healthy Living

Maximum Points Per Year 2,700

Activity	Points
_____	_____
_____	_____
_____	_____
_____	_____

Total Points: _____

Total Cumulative Points: _____



Fitness Tracking

Earn Vitality Points by tracking your daily fitness with a device

The screenshot shows the My Humana website interface. At the top right, there is a "Member Support" link. The main navigation bar includes "Coverage, Claims & Spending", "Get Healthy", and "Get Rewarded". A sidebar on the left lists various health-related options. The "Fitness & Exercise" section is highlighted with a red circle. Below it, a breadcrumb trail shows "Diet & Nutrition" followed by "Get Healthy", "Health and Well-Being", "Fitness and Exercise", and "Fitness Devices". A vertical menu on the left contains links for Pharmacy Resources, Calculators, Campaigns, Conversations, and Courses. The main content area features the heading "Fitness devices" and a paragraph explaining that users can start tracking activity and earn Vitality Points by using compatible fitness devices. A flow diagram below this text shows the steps: "Get a device" (with a red arrow pointing to "Connect my account"), which then has a red arrow pointing to "Sync and earn".

My Humana. Member Support

Coverage, Claims & Spending > Get Healthy v Get Rewarded >

Health Assessment
Healthy Living
Questionnaire
Personal Health Report
My Goals
Vitality HealthyFood

Fitness & Exercise

Diet & Nutrition

Get Healthy Health and Well-Being Fitness and Exercise Fitness Devices

> Pharmacy Resources
> Calculators
> Campaigns
> Conversations
> Courses

Fitness devices

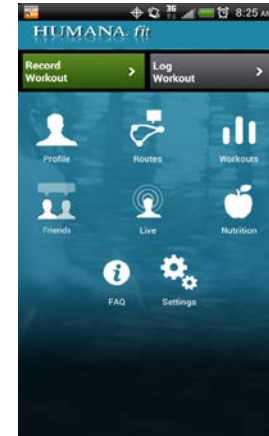
Start tracking your activity and earn Vitality Points™ when you use one or more HumanaVitality® compatible fitness devices.

Get a device → Connect my account → Sync and earn

Easy ways to get on track



Sample Devices



Humana Vitality

National Health Club Network



The screenshot shows the 'Participating Health Club Finder' page on the Humana Vitality website. At the top, there is a navigation bar with links for 'Get Healthy', 'Health and Well-Being', 'Fitness and Exercise', and 'Participating Health Club Finder'. The main heading is 'Find a partner health club'. Below this, there is a paragraph explaining the perks of using partner health clubs, such as special rates and automatic workout tracking. A search form is provided with a 'Search by ZIP code' field, a 'Distance' dropdown menu set to '10 Miles', and a green 'Search' button. To the right of the search form, there is a link that says 'Can't find your health club? Recommend a health club'.

- Earn daily fitness Vitality Points by working out at one of our partner health clubs that provides us a data feed of your gym attendance.
- Enter your zip code to find partner gyms in your area.
- Can't find “your” health club – recommend it and HumanaVitality will contact your health club to initiate review process.
- New print function – summarizes member’s results of search.



Support Along the Way: Health Coaching



Health Coaching

- Weight Management
- Tobacco Cessation
- Stress Management
- Healthy Eating
- Physical Activity
- Cholesterol Management
- Blood Pressure Management
- Blood Sugar (Glucose) Management
- Back Care
- Preventive Health

Earning and Achieving Vitality Status™

Vitality Status	One adult	Two adults*	For each additional member 18 years of age and older, add*
Blue	Everyone start at Blue Vitality Status until you complete your Health Assessment.		
Bronze			
Silver	5,000 Vitality Points	8,000 Vitality Points	3,000 Vitality Points
Gold	8,000 Vitality Points	12,000 Vitality Points	4,000 Vitality Points
Platinum	10,000 Vitality Points	15,000 Vitality Points	5,000 Vitality Points
			*If applicable



Initial Vitality Status



Activating Wellness



Committing to Wellness



Dedicating to Wellness



Championing Wellness

Continued Engagement

Join our Social Media Community and connect with thousands of other HumanaVitality members experiencing similar things to you! Share your story and experiences with us.

Get recipes and other health related information in a convenient and fun way!



"Humana Vitality"
www.facebook.com/humanavitality



@HumanaVitality
www.twitter.com/humanavitality



@HumanaVitality
www.pinterest.com/humanavitality



www.humanavitality.tumblr.com



Playlist: "HumanaVitality"
www.youtube.com/humana



@HumanaVitality
<http://plus.google.com>



@HumanaVitality
Instagram Mobile App

Humana Vitality

Humana Vitality



Continued Engagement

Become a Vitality Champ®!



Change the world.
One cubicle at a time.



Meeting. Meeting. Meeting.
Change someone's life for the better.
Meeting. Meeting.



Cheerleaders wanted.
(Pom-poms not required.)



Rewards

This chart illustrates the wide range of items that is available to HumanaVitality[®] members – from higher-value items like an iPad, which require a greater number of Vitality Bucks,[®] to items like movie tickets, that are easier and quicker to obtain, requiring less Vitality Bucks.




Humana Vitality Jackpot





Vitality Jackpot Humana Vitality

You're already entered

As a HumanaVitality® member, your household is automatically entered into a monthly drawing to win great prizes through the Vitality Jackpot™. The prizes awarded are determined by each member's Vitality Status™ at the time of the drawing. The higher your Vitality Status, the greater the prize values!

Check out some of the previous prizes below:



 Bronze Vitality Status	\$25 iTunes Gift Card Regal Theatres Ultimate Movie Pack Gaiam Yoga for Beginners View all prizes for Bronze Vitality Status
 Silver Vitality Status	Garmin Forerunner Personal Trainer with GPS Receiver Waring Pro Juice Extractor Apple iPod Shuffle 2GB with \$50 iTunes Gift Card View all prizes for Silver Vitality Status
 Gold Vitality Status	Biking-Emeril Outdoor Charcoal Grill Denon Noise Cancelling Over-the-Ear Headphones Schwinn Upright Bike View all prizes for Gold Vitality Status
 Platinum Vitality Status	Toshiba 40 inch LCD HDTV Hyatt Hotel 4-Day/3-Night Stay Apple iPad 2 16GB View all prizes for Platinum Vitality Status

- Earn Additional rewards in a monthly jackpot.
- 2,500 winners monthly.
- Winners are notified through email.
- Prizes are determined by Vitality Status: the higher your Vitality Status, the better your prize options.



* Member must complete the Health Assessment to redeem prize

Additional Benefits of being a HumanaVitality Member

Vitality HealthyFood™

- Launched in October 2012 in partnership with Walmart®
- Vitality HealthyFood™ is a feature of HumanaVitality that allows HumanaVitality members* to earn 5%** savings when they buy healthier foods labeled Great For You™ at Walmart®†. It makes eating healthy easy with a catalog of healthy foods to choose from including fruits, vegetables, whole grains, lean proteins, healthy fats, and oils.
- There's more, **now when a HumanaVitality member completes a Vitality Check® in the current program year, and Humana Vitality has received and verified those Vitality Check results, the member will earn 10% savings** when buying Great For You healthier foods.
- Great For You products meet nutritional standards and guidelines conveyed by the following sources:
 - 2010 Dietary Guidelines for Americans, U.S. Food and Drug Administration (FDA), U.S. Department of Agriculture (USDA) and Institute of Medicine (IOM).



*See disclaimers on final slide

Questions?

For individual issues, please call the customer service phone number on the back of your Humana Insurance card, or your HumanaVitality member ID card.

OR

Use the “contact us” link on your HumanaVitality page to send an email

The screenshot shows the Humana Vitality website navigation menu. At the top left is the Humana logo. To its right is the text "Have questions?" followed by a blue link "Contact us" which is circled in red. Below this is a dark grey navigation bar with five main categories, each with a list of sub-links:

- Follow us**: Includes icons for Facebook, Twitter, Google+, LinkedIn, and YouTube.
- Account & Settings**: Communication, Preferences, Change Password, Change Email, Manage Access, Update Other Insurance.
- Health & Wellness**: Goals, Health Assessment, Mail, Vitality Check, Vitality Statement, Ways to Earn.
- Tools & Resources**: Enrollment Center, Mail Order Rx, Rx Calculator, Find a Provider, View Medical ID Card, View Dental Proof of.
- Member Support**: **Contact Us** (circled in red), Help & FAQ, Glossary, Member Guidelines, Documents & Forms.

