

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 will 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:

| | | | | HumanaVitality 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 | | | 0% |
| Start Here and Move Up → Blue Vitality Status | | You start at Blue Vitality Status with 0 Vitality Points | | | 0% |

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



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**.



¹HumanaVitality keeps information personal and private. For details of the Privacy Policy, visit vitality.Humana.com/Humanavitalityportal.

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.

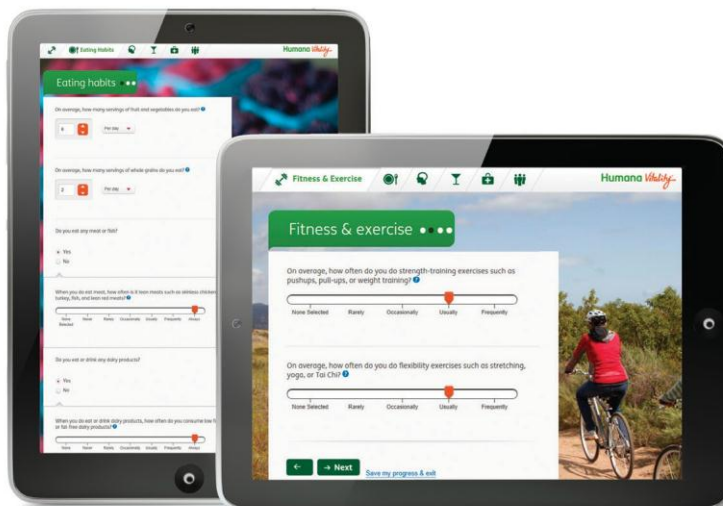
Receive email messages or listen to conversations about health topics that interest you or that are aligned with your goals. Vitality Points are awarded only if this is associated with one of your active goals.

Health Assessment

It only takes about 15 minutes to complete online.



Humana Vitality



Fitness activities

Activity

Vitality Points

Verified workout

5 - 15

Members can earn 5, 10, or 15 Vitality Points for a workout through partner health clubs, tracking with a pedometer or heart rate monitor, or by using smartphone activity-tracking apps.

First verified workout of the week (Monday – Sunday)

15

Members can earn 15 bonus Vitality Points for their first workout of the week.

5+ verified workouts per week (Monday – Sunday)

40

Members can earn an additional 40 Vitality Points for five or more workouts of the week.

Sports league

350

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.

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.

Example: running, walking, cross-country skiing, cycling, and triathlons

Level 1

250

Level 2

350

Level 3

500

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.

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 – Age = Maximum Heart Rate.

Smartphone activity-tracking apps

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

Pedometer workout

Earn up to 15 Vitality Points, based on the current physical activity level you report in your Health Assessment. Following your Personal Pathway™ can help you increase your daily activity level and earn more Vitality Points:

| | |
|------------------|----|
| 5,000 steps/day | 5 |
| 7,500 steps/day | 10 |
| 10,000 steps/day | 15 |

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



Partner Health Clubs

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



Prevention

Activity

Vitality Points

Health screenings

400 per (up to 400/program year)

Earn Vitality Points by getting screenings such as a Pap smear, mammogram, prostate exam, or colorectal screening.

Dental exam

200 per (up to 400/program year)

Visit your dentist and earn Vitality Points for preventive dental exams up to two times per program year.

Vision exam

Earn Vitality Points for a preventive vision exam once per program year.

Flu shot

Get your annual flu shot and submit the Prevention Activity Form, available online, within 90 days to earn Vitality Points.

Nicotine test

After receiving a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare provider.

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)

Blood pressure

Blood glucose

Total cholesterol

200

200

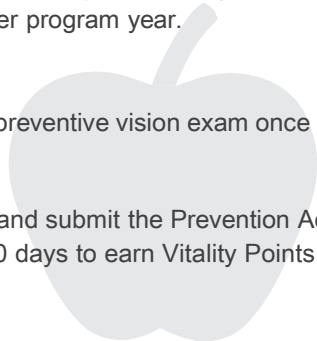
400

800

400

400

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 |

Earn Savings with Vitality HealthyFood*



Request your Vitality HealthyFood Shopping Card and earn **5%** savings on

Great For You™ healthier food purchases at Walmart. Increase your savings to **10%** when you complete a Vitality Check and your results are received and verified.

*Vitality HealthyFood is not available to all HumanaVitality members.



Healthy Living

Activity

Vitality Points

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.

Nicotine test

400

After you receive a cotinine (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.

Vitality Check

Double your Vitality Points if these results are within a healthy range.

Body mass index (BMI)

800

<25 and \geq 18.5

Blood pressure

400

systolic \leq 120 mmHg/diastolic \leq 80 mmHg

Blood glucose

400

<100 mg/dL

Total cholesterol

400

<200 mg/dL

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.



Eat Healthy

HumanaVitality helps you eat healthier and cook healthier, too. Check out our great-tasting healthy recipes on [HumanaVitality.tumblr.com](https://www.humanavitality.com).

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.



Standard activities at a glance

Education

| 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 Humana Vitality.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 Humana Vitality program year.

Prevention

| 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.

Fitness

| Activity | Vitality Points |
|--------------------------------------------------------------------------------|--------------------------------------------------------|
| Verified workout: partner health club, device, or mobile apps | |
| Each verified workout | Up to 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

| 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 <25 and \geq 18.5 | 800 |
| Blood pressure systolic \leq 120 mmHg diastolic $<$ 80 mmHg | 400 |
| Blood glucose $<$ 100 mg/dL | 400 |
| Total cholesterol $<$ 200 mg/dL | 400 |



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 thousands of rewards to choose from:



Go to HumanaVitality.com/mall.

Goals to achieve **Vitality Points**
 (Sign into HumanaVitality.com to activate your recommended goals)

Standard activities **Vitality Points**

