

Get Started Now With Your Health Assessment At MyHumana on Humana.com

**Help Us Help You
GET HEALTHY
Earn FREE Rewards**

**EARN 250
BONUS POINTS
TAKE THE HEALTH
ASSESSMENT
BEFORE MARCH 30**

Get Your Own Personal Pathway.™ Take The Right Steps. Reap The Rewards!

! Take the Health Assessment and start by creating your personalized program.

The health assessment is a quick online questionnaire that gives you your Vitality Age™— so you know how fast your body is aging based on the health choices you've made. You'll receive a Personal Pathway, your customized program that will recommend goals and related activities to help you address health risks and achieve good health.

! Take Advantage of the Vitality Check®.

A Vitality Check® is a blood screening and biometric assessment which measures body mass index (BMI), blood pressure, blood glucose, and total cholesterol. This check is FREE and available at the KROGER Little Clinic & Walgreens. Once this task is accomplished, you will earn you a total of 2,000 Vitality points. Forms can be obtained from your Humana Vitality Ambassador at your worksite.

! Engage in healthy activities. Earn Vitality Points.™

Some examples of HumanaVitality goals include reaching or maintaining a healthy weight, exercising regularly, and educating yourself about certain medical conditions or risks. For each goal you accomplish, you will earn Vitality Points.

! Reward yourself with better health. Enjoy some nice perks too!

As you make progress, you can earn Vitality Rewards® that range from gift cards, clothing, movie tickets and music downloads, Health devices (fitbit), electronics and hotel stays. You can find the full details of the program online at Humana.com

Don't Wait To Get Started Earning Your Rewards. Enroll Today At Humana.com And Take Your Health Assessment.



How Your Personal Pathway Works.

Once you've taken your health assessment, you'll receive personalized goals and related activities to help you address your health risks and achieve good health and earn reward points

Education- Education goals start with taking your health assessment — you'll earn up to 1,250 points just for getting started. Simply answer the questions about your health history and habits. Then you'll receive your Personal Pathway, which might include goals like these:

<u>Activity</u>	<u>Points</u>
First Aid Certification	125 points
Online Health Tool: Is your weight increasing your health risks?	75 points
CPR Certification	125 points

Prevention- It's always a good idea to see your doctor for regular checkups and immunizations. Now it will earn you points. Here are some goals that might appear on your Personal Pathway:

<u>Activity</u>	<u>Points</u>
Vitality Check® Completion	2000 points
Yearly Health Screening (e.g., pap smear, prostate exam)	400 points
Yearly Flu Shot	200 points

Fitness- Do you play in a sports league? If so, you could earn points doing what you already enjoy. If you exercise, simply by using a Heart Rate Monitor or pedometer to verify your progress, you'll earn points. Participate in local competitions? You might be able to earn points. If not, we'll suggest some fitness activities that are right for you, based on your age, fitness level, and medical history.

<u>Activity</u>	<u>Points</u>
Daily Gym Workout	15 points per workout/one per days
Sports League Participation	350 points
Athletic Event Participation	200- 500 points

Healthy Living- You'll get suggestions for healthy living choices that can help you reach good health and wellness, and earn you points at the same time. Examples might include:

<u>Activity</u>	<u>Points</u>
Cholesterol Test Results in Range	400 points
Blood Glucose Test Results in Range	400 points
Blood Donation	50 points

Every Time You Earn Vitality Points, You Will Also Earn Vitality Bucks®

Spending Vitality Bucks for rewards doesn't lower your Vitality Points level. You can spend your Vitality Bucks in the HumanaVitality Mall for rewards available at your status level. When you've spent your Vitality Bucks, they're gone. But your points level remains the same to indicate the status you've achieved and the progress you've made.

Your points total determines your Vitality Status® Levels

When your points reach a new level, HumanaVitality awards you that Vitality Status. Your status is maintained for the remainder of the current plan year. Your status will remain in the following plan year too, so long as you take a new health assessment.

Vitality Status	One Adult	For each additional adult member on the plan (18 years and older*)
Blue	Status before completing the health assessment	
Bronze	Any Adult member in a family must complete the health assessment to achieve Bronze status	
Silver	5000	3000
Gold	8000	4000
Platinum	10000	5000

*if applicable

As your Vitality Status level increases, you also earn discounts ranging from 10% to 40% on items at the HumanaVitality Mall: Where you find your rewards like:

- iTunes®, Amazon and Macy's gift cards
- Movie tickets
- Health equipment (pedometers & heart rate monitors)
- Kitchen accessories, grills and microwave ovens
- Sports equipment, camping gear, bikes, and toys
- Hotel stays
- Apparel from Cole Haan®, Perry Ellis®, and more
- Electronics

There's A Lot To Explore, And A Lot To Enjoy.

But The Most Important Thing You'll Enjoy Is Your Own Health.

And That's The Greatest Reward Of HumanaVitality.