

## New This Year: Vitality Kids<sup>SM</sup>



Now your dependents younger than age 18 can join in HumanaVitality and work toward a healthier lifestyle. Vitality Points earned by kids accumulate toward their own Vitality Points accounts so they can see their points totals growing as they participate in healthy lifestyle activities.

Activity	Points
Kids Health Assessment	200
Preventive Care Visit	200
Immunizations	100
Flu Shot	100
Sports League	100 each (up to 200/year)
Athletic Events	50 each (up to 200/year)

Maximum Points Per Year 1,000



This document is intended to provide a high-level overview of your Vitality Points earning potential. For additional details regarding eligible activities, and how to earn and redeem points, please visit [Humana.com](http://Humana.com).

If it is unreasonably difficult due to a medical condition for you to achieve the standards for the rewards under the HumanaVitality program, or if it is medically inadvisable for you to attempt to achieve the standards for the reward under this program, please call the phone 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.

## Vitality Points<sup>TM</sup>



### 2012 Program Year

## How to earn Vitality Points



### As a HumanaVitality<sup>SM</sup> member, you can earn Vitality Points<sup>TM</sup> through:

- **Standard Activities:** in Education, Fitness, Prevention, and Healthy Living categories outlined on the next two pages.
- **Personal goals:** After you complete the Health Assessment, HumanaVitality will suggest goals based on your health condition and needs.
- **Vitality Kids<sup>SM</sup>:** New for 2012. See back cover.

Together, the standard activities and your personal goals make up your Personal Pathway<sup>TM</sup>. Your Vitality Points will be customized based on your Personal Pathway, giving you the chance to earn even more Vitality Points!

### Vitality Status<sup>®</sup>

The more you do to stay healthy, the more Vitality Points you earn, and when you have members of your household on your plan, their healthy activities count toward Vitality Points too. The more Vitality Points you earn, the higher your Vitality Status, giving you more Vitality Bucks<sup>®</sup> to spend at the HumanaVitality Mall as well as opportunities for discounts between 10 and 40 percent on your purchases.

Vitality Status	One Adult	For each additional adult age 18+ add*
Blue	Starting Vitality Status	
Bronze	Any adult member Health Assessment completion	
Silver	5,000	3,000
Gold	8,000	4,000
Platinum	10,000	5,000

\*Applies to additional dependents on your plan, such as your spouse and/or children who are age 18+



Learn more at [Humana.com](http://Humana.com)

# 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 MyHumana.com visit	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
<b>Vitality Check® completion:</b>	
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
<b>Verified workout:</b> 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
<b>Vitality Check in-range results:</b>	
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