

Vitality Kids™



Your dependents under 18 years old who are part of your HumanaVitality program can earn Vitality Points in their own Vitality Points accounts so they can see their totals grow as they get involved in HumanaVitality.

Maximum Points per program year 1,000
Vitality Points listed are per program year unless stated otherwise

Activity	Vitality Points
Kids Health Assessment	200
Kids preventive care visit	200
Kids dental exam	100 (up to 200/program year)
Kids vision exam	100
Kids immunizations	100
Kids flu shot	100
Kids sports league	100 each (up to 200/program year)
Kids athletic events	50 each (up to 200/ program year)



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Our health benefit plans have exclusions and limitations and terms under which the coverage may be continued in force or discontinued. For costs and complete details of the coverage, call or write your Humana insurance agent or broker.

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 [HumanaVitality.com](https://www.humanavitality.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 rewards 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™



How to earn Vitality Points

As a HumanaVitality® member, you can earn Vitality Points through:



- **Activities** – Education, Fitness, Prevention, and Healthy Living categories
- **Personal goals** – HumanaVitality will suggest goals based on the information you share in your Health Assessment
- **Milestones** – HumanaVitality Mobile App users can earn Vitality Points for completing Milestones, personalized ‘mini-goals’ recommended based on your Health Assessment responses to help jump-start your path to healthier living.
- **Vitality Kids™** – See Vitality Kids section

Your Vitality Points will be customized based on the personal goals you activate for your Personal Pathway, giving you the chance to earn even more Vitality Points!

Vitality Status™

The more HumanaVitality activities you complete, the more Vitality Points you can earn. When you have other members of your household enrolled in HumanaVitality their healthy activities can count toward Vitality Points too.

Here’s a breakdown of the number of Vitality Points needed to reach each Vitality Status:

	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%

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

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



Learn more at [HumanaVitality.com](https://www.humanavitality.com)

Vitality Points adults 18+



Education



Maximum Vitality Points per program year 2,000 Vitality Points listed are per program year unless stated otherwise

Activity	Vitality Points
Health Assessment (HA)*	500
First step HA**	500
HA bonus***	250
HumanaVitality Mobile App Health Assessment* – 100 each section (up to 500/program year)	
Fitness	100
Sleep	100
Stress	100
Eating healthy	100
Losing weight	100
Tobacco	100
Health history	100
Calculator(s)†	75 each (up to 300/program year)
CPR certification	125
First aid certification	125
Update/confirm contact information‡	50
Monthly Humana.com visit or Mobile App activity	10 each (up to 120/program year)
First time Mobile App login**	50
Accept online statements***‡	50

*A maximum 500 Vitality Points per program year rewarded for HA completion whether you complete the online HA, Mobile App HA or both.

**Once per lifetime reward.

***For completion of the HA within the first 90 days of your HumanaVitality program year. Mobile App users must complete all seven sections of the HA to receive HA bonus.

†Activities not available on Mobile App.

‡Activities not available under certain plans or with Mobile App users.

Prevention



Maximum Vitality Points per program year 3,800 Vitality Points listed are per program year unless stated otherwise

Activity	Vitality Points
Health screening*	400 per screening
Dental exam	200 per exam (up to 400/program year)
Vision exam	200
Flu shot	200
Nicotine test	400
Vitality Check® completion:	
Body mass index (BMI)	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400

Healthy Living



Maximum Vitality Points per program year 2,700 Vitality Points listed are per program year unless stated otherwise

Activity	Vitality Points
Blood donation	50 (up to 300/program 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

Fitness



Maximum Vitality Points per program year 8,300 Vitality Points listed are per program year unless stated otherwise

Activity	Vitality Points
Verified workout: partner health club, device or Mobile Apps	
Each verified workout	15 per day (up to 5,475/program year)
1st verified workout of the week (Monday - Sunday)	15 bonus per week (up to 780/program year)
5+ verified workouts per week (Monday - Sunday)	40 bonus per week (up to 2,080/program year)
Sports league	350
Athletic events: (for example, running, walking, cross-country skiing, cycling, triathlon)	
– Level 1 (example: 5K)	250
– Level 2 (example: 10K)	350
– Level 3 (example: 1/2 marathon)	500

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

Humana Vitality

Learn more at [HumanaVitality.com](https://www.humanavitality.com)

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