

# HumanaVitality®

Earn rewards for healthier choices.



## It's easy to get started and reach Silver Vitality Status™

Here's a quick guide to help you get started on the path to better health. You'll learn how to build your Vitality Points™ and reach Silver Vitality Status. Increasing your Vitality Status will give you more Vitality Bucks® to spend in the HumanaVitality Mall and opportunities for discounts on your rewards.

### Start Engaging

- Choose how you want to engage. Set up your account at HumanaVitality.com or download the HumanaVitality Mobile App for convenient, on-the-go access. You'll be on your way to making healthier changes.
- Complete your Health Assessment online or complete any of the Health Assessment sections on the App to start earning Vitality Points.
- When you're done you'll learn your Vitality Age™ – a measure of how young or old you're living – and find ways to get and stay healthy.

### Set Goals

- Based on your Health Assessment responses, we'll recommend some healthy goals for you. Decide what you want to work on and set some personal goals, including scheduling a Vitality Check®.
- Then start making healthy changes, like starting a fitness program, taking an online health course, or getting preventative screenings.
- It's easy to track your progress online at HumanaVitality.com or on-the-go with the App.

### Earn Rewards

- Engage in healthy activities and you'll earn Vitality Points to raise your Vitality Status.
- Look for *Ways to Earn* online and discover opportunities to earn Vitality Points in categories like Healthy Living, Fitness, Prevention, and Education.
- Each Vitality Point you earn is worth one Vitality Buck, which you can redeem in the HumanaVitality Mall for great rewards like movie tickets, brand name gift cards, fitness devices and more!

# HumanaVitality® Rewards



## Spend your Vitality Bucks® in the HumanaVitality Mall

When you're a member of HumanaVitality, you'll earn Vitality Points™ for completing healthy activities. You get one Vitality Buck® for each Vitality Point you earn. You can redeem your Vitality Bucks at the HumanaVitality Mall for a wide variety of rewards, like some of these great items:

### Gift codes



Movie tickets



iTunes®

### Fitness devices



Polar® Fitness Monitors



Pedometers



Fitbit®



Cycling discounts

### Gear and apparel



HumanaVitality gear

### Electronics



Apple®

HumanaVitality members are also eligible for discounts\* with partners like Sprint®, Life Fitness®, Seattle Sutton's Healthy Eating®, Competitor Group Inc., and The Biggest Loser® Resort.

Don't wait to get started earning your rewards. Raise your Vitality Status™ by earning more Vitality Points for your healthy activities. Members must have at least Bronze Vitality Status to be eligible for reward redemption.

Sign in to [HumanaVitality.com](http://HumanaVitality.com) to see how you can earn more Vitality Points.

\*Discounts do not vary by Vitality Status and Vitality Bucks are not used. Purchase method is limited for discount transactions. Merchandise rewards subject to availability and may change without notice. See page 2 for Terms and Conditions. Effective 7/1/2013.



# HumanaVitality® Rewards



Earning Vitality Points helps increase your Vitality Status.  
The higher your Vitality Status, the bigger your HumanaVitality Mall discount.

Here are some examples of how many Vitality Bucks are needed to redeem for merchandise.



- \$25 Amazon.com Gift Card<sup>2</sup>
- Bronze Vitality Status: 2,500 Vitality Bucks
  - Silver Vitality Status: 2,253 Vitality Bucks
  - Gold Vitality Status: 2,000 Vitality Bucks
  - Platinum Vitality Status: 1,498 Vitality Bucks



- Humana Gear Pedometer g2.0
- Bronze Vitality Status: 1,850 Vitality Bucks
  - Silver Vitality Status: 1,665 Vitality Bucks
  - Gold Vitality Status: 1,480 Vitality Bucks
  - Platinum Vitality Status: 1,109 Vitality Bucks

	Number of Vitality Points needed to move up to each Vitality Status level			Mall Discount
<b>Platinum</b> Vitality Status	<b>10,000</b> One adult per policy	<b>15,000 combined</b> Two adults* per policy	<b>5,000 additional</b> for each member 18 years and older per policy	<b>40%</b>
<b>Gold</b> Vitality Status	<b>8,000</b> One adult per policy	<b>12,000 combined</b> Two adults* per policy	<b>4,000 additional</b> for each member 18 years and older per policy	<b>20%</b>
<b>Silver</b> Vitality Status	<b>5,000</b> One adult per policy	<b>8,000 combined</b> Two adults* per policy	<b>3,000 additional</b> for each member 18 years and older per policy	<b>10%</b>
<b>Bronze</b> Vitality Status	You immediately move up from Blue Vitality Status after completing the Health Assessment			<b>0%</b>
<b>Blue</b> Vitality Status	You start at Blue Vitality Status with 0 points			<b>0%</b>

START HERE → AND MOVE UP

HumanaVitality is not an insurance product. Humana Plans are offered by Humana Medical Plan, Inc., Humana Employers Health Plan of Georgia, Inc., Humana Health Plan, Inc., Humana Health Benefit Plan of Louisiana, Inc., Humana Health Plan of Ohio, Inc., Humana Health Plans of Puerto Rico, Inc. License # 00235-0008, Humana Wisconsin Health Organization Insurance Corporation, or Humana Health Plan of Texas, Inc. - A Health Maintenance Organization, or insured by Humana Health Insurance Company of Florida, Inc., Humana Health Plan, Inc., Humana Health Benefit Plan of Louisiana, Inc., Humana Insurance Company, Humana Insurance Company of Kentucky, Emphesys Insurance Company, Humana Insurance of Puerto Rico, Inc. License # 00187-0009, or administered by Humana Insurance Company or Humana Health Plan, Inc.

For Arizona Residents: Offered by Humana Health Plan, Inc. or insured by Emphesys Insurance Company or insured or administered by Humana Insurance Company. Please refer to your Benefit Plan Document (Certificate of Coverage/Insurance or Summary Plan Description) for more information on the company providing your benefits.

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.

<sup>1</sup>Discounts and rewards available in the HumanaVitality Mall can only be assessed and redeemed by the HumanaVitality primary subscriber.

<sup>2</sup> Amazon.com is not a sponsor of this promotion. Except as required by law, Amazon.com Gift Cards ("GCs") cannot be transferred for value or redeemed for cash. GCs may be used only for purchases of eligible goods on Amazon.com or certain of its affiliated websites. Purchases are deducted from the GC balance. To redeem or view a GC balance, visit "Your Account" on Amazon.com. Amazon is not responsible if a GC is lost, stolen, destroyed or used without permission. For complete terms and conditions, see [www.amazon.com/gc-legal](http://www.amazon.com/gc-legal). GCs are issued by ACI Gift Cards, Inc., a Washington corporation. ©, ®, Amazon.com Inc. and/or its affiliates, 2013. No expiration date or service fees.

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