

Humana Vitality – First Steps

1 Create account on Humana.com or through the HumanaVitality mobile app.

* Member ID number [?] Social security number [?]
 or

* Date of birth

* ZIP code

Humana®

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Username [?] Password → Sign in

[Forgot your username?](#) [Forgot your password?](#)

Remember my username [?]

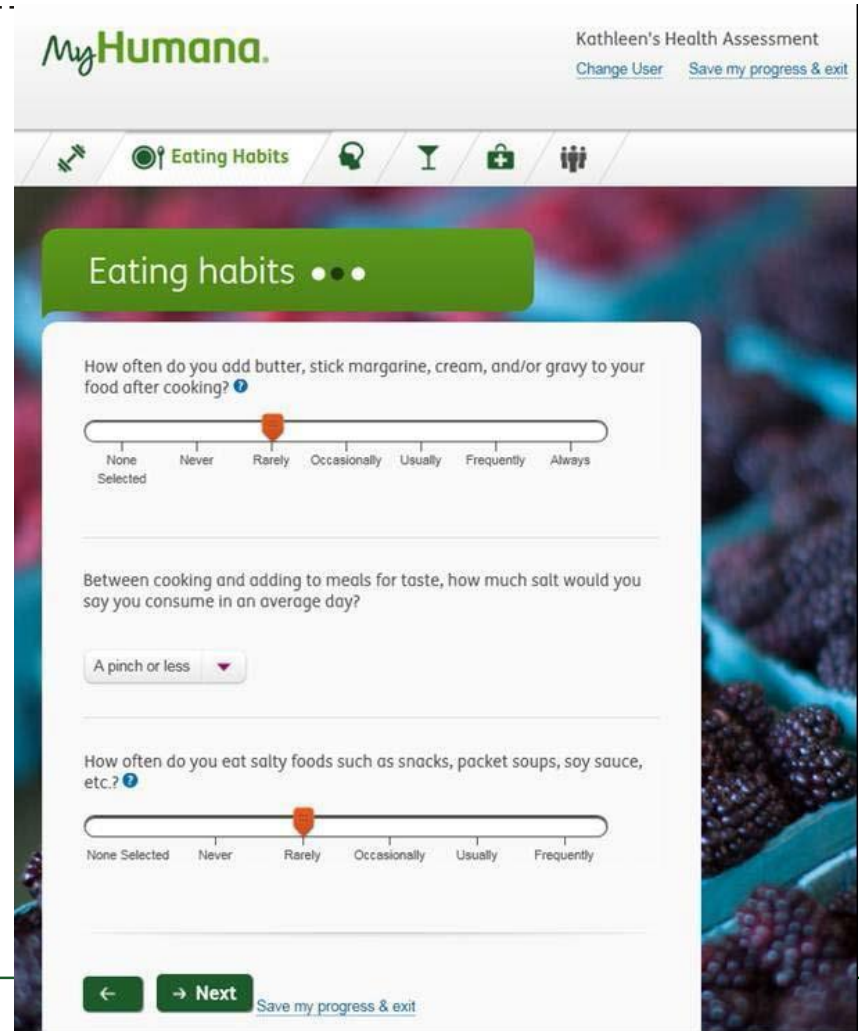
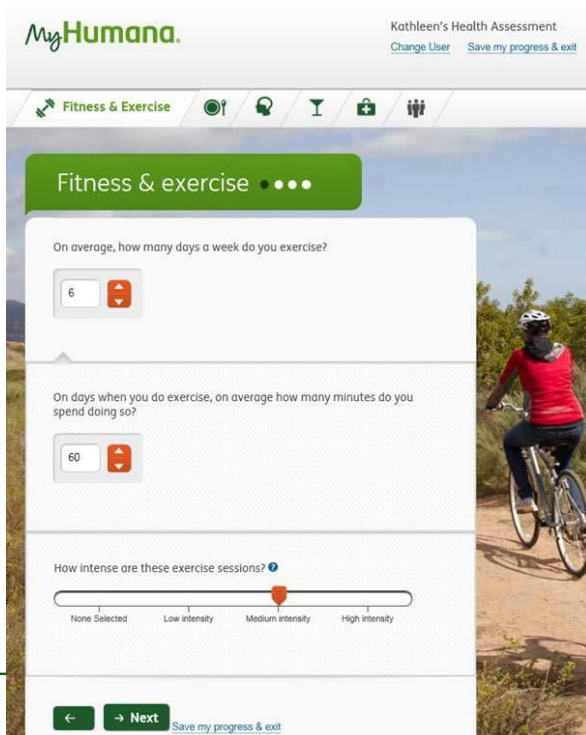
or [Register now as a new user](#)

Individuals & Families > Medicare > Insurance Through Your Employer > Close ^

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2

Take your Health Assessment online
→ Earn 1250 Vitality Points, if completed within first 3 months, 1000 points after 3 months.
!→ Receive your Vitality Age



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3

Complete your Vitality Check (Biometric Screening)

→ BMI, Blood Pressure, Blood Glucose and Cholesterol

→ Earn up to 4,000 Vitality Points!

→ Onsite or through your healthcare provider

→ Submit results from PCP appointment



Vitality Check measurements & tests	Vitality Points and Vitality Bucks earned for completing	Vitality Points and Vitality Bucks earned for having healthy in-range results
Body mass index (BMI)	800	800 BMI between 18.5 and 24.9, or BMI greater than or equal to 25 and less than 30, with a waist circumference less than 40 inches for males, less than 35 inches for females.
Blood glucose	400	400 Less than 100 mg/dL or A1c less than 6.5%
Blood pressure	400	400 Less than 130/85 mm Hg
Total cholesterol	400	400 Less than 200 mg/dL or an HDL greater than or equal to 40 mg/dL for males or an HDL greater than or equal to 50 mg/dL for females.
Total Vitality Points and Vitality Bucks	2,000	2,000