

## Ready.

Have you ever been someplace new and felt lost? Chances are, all you needed was some basic information and you'd be good to go.

Figuring out the basics of HumanaVitality is no different. That's why we created this simple guide to get you started on the path to better health.



## Set.

1. To get to your personal HumanaVitality website, go to [HumanaVitality.com](https://HumanaVitality.com).
2. Register or log in to enter the secure website.
3. Take the HumanaVitality Health Assessment to begin earning Vitality Points™. This takes about 10-15 minutes.
4. Review your Health Results to receive your Vitality Age™ and find out more about your health status.
5. Set your personal goals, including scheduling a Vitality Check® and other healthy activities to earn more Vitality Points.
6. Review other opportunities to earn Vitality Points in categories like Healthy Living, Fitness, Prevention, and Education on your browser bar. Build Vitality Points to raise your Vitality Status<sup>SM</sup> level and get bigger discounts.
7. Each Vitality Point you earn is worth one Vitality Buck®. Redeem your Vitality Bucks for rewards inside the HumanaVitality Mall.

## Go. Setting goals.

1. From the HumanaVitality home page, click **View My Goals** under the **My Goals** section on your dashboard page.
2. For each recommended goal, click **View** to find out more about how the goal will help you. You also can access the **Set Goal** feature here.
3. Once you set a goal, it will appear in the **My Active Goals** section. Repeat the steps above to add more goals. Once you complete a goal within the specified time frame it will be saved. If the goal is not achieved it will reappear in your **Recommended Goals** section to be

### MY GOALS

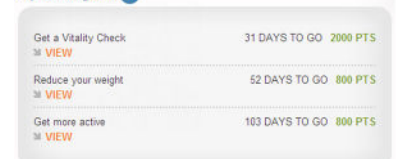


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### My active goals 3



# Getting a Vitality Check®

After you complete your Health Assessment, the Vitality Check automatically becomes one of your Recommended Goals. A Vitality Check includes taking your physical measurements and a blood screening.

- Body mass index (BMI)
- Blood pressure
- Blood glucose level
- Cholesterol levels

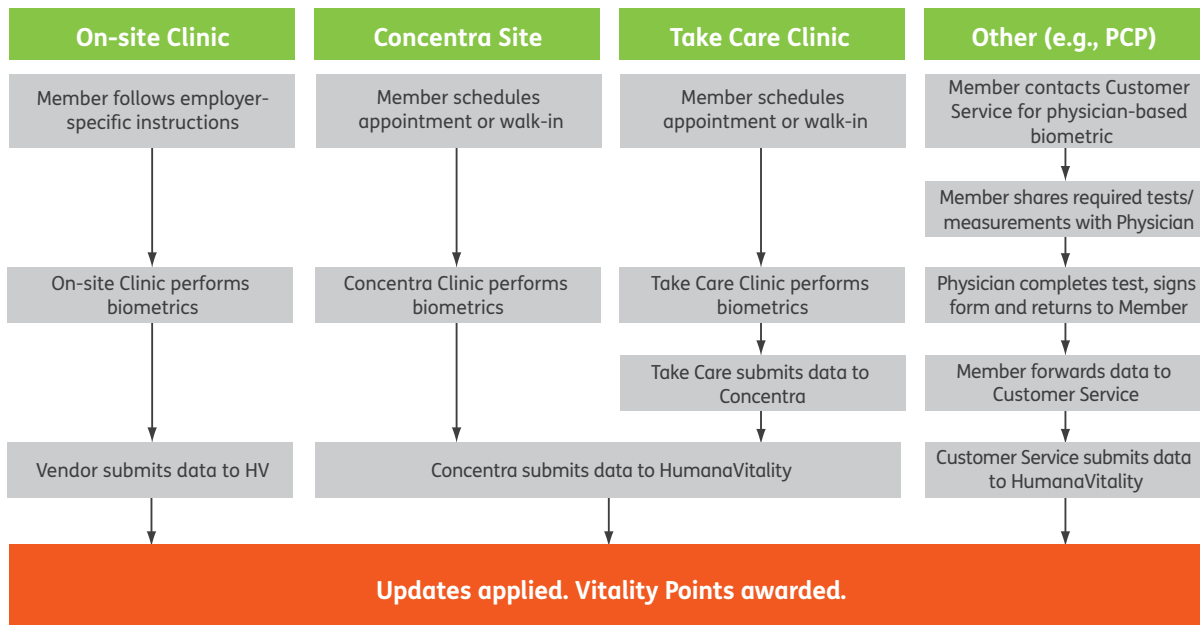
You'll earn 2,000 Vitality Points™ just for completing your Vitality Check. And you'll earn more Vitality Points for results in the healthy range.

**Still have questions about HumanaVitality?  
Call the number on the back of your member ID card.**

## Where to get your Vitality Check

There are several places that you can go to complete your Vitality Check, including HumanaVitality® partners Concentra®, The Little Clinic, or Walgreens Take Care™ clinics. If you prefer, you can visit your personal doctor\*. Some employers even sponsor onsite Vitality Checks.

To find out more about Vitality Checks use the Get a Vitality Check link under Recommended activities. Then follow the link marked **FIND A SCREENING LOCATION**. There you will be forwarded to a Concentra site. Click on Screening Locations and Scheduling to find a location near you and links to location specific forms.



\* If you visit your personal doctor, you'll need to print out and take a copy of the Personal Physician Vitality Check form for him or her to complete during your visit. Forms should be faxed or mailed using the directions included on the form. (For labwork results that may not be available during your doctor visit, a copy of the lab results can be attached to the form when submitted.)

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