

### Your silver lining may be closer than you think

Now that you're signed up for HumanaVitality, you may wonder what to do next. The key to success is to take care of some important details right away – like completing your Health Assessment.

Completing your Health Assessment gives you a great start toward reaching Silver Vitality Status. It takes just a few minutes and you'll earn up to 1,250 Vitality Points<sup>™</sup>. Sign into your HumanaVitality account and explore other ways to earn Vitality Points. You can choose from categories like Healthy Living, Fitness, Prevention, and Education. Earn Vitality Points to raise your Vitality Status and get bigger discounts in the HumanaVitality Mall.

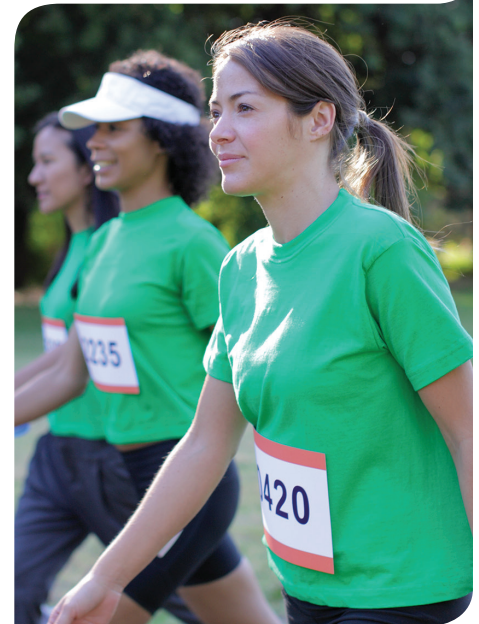
### How to get there

On the back of this sheet, you'll find a suggested path to Silver Vitality Status. While you can choose any qualified activity, we've provided some of the most popular to help you improve your Vitality Status.






### Your Vitality Status

The more you do to stay healthy, the more Vitality Points you can earn. When you have other members of your household engage with HumanaVitality, their healthy activities can 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 and discounts up to 40 percent on your purchases at the HumanaVitality Mall.

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



Still have questions about HumanaVitality? Sign in to your HumanaVitality account and check out Frequently Asked Questions

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 Vitality Points			<b>0%</b>

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

# Silver Vitality Status™



While you can choose any qualified activity, we've provided some of the most popular activities to help you get to Silver Vitality Status.

## Individual

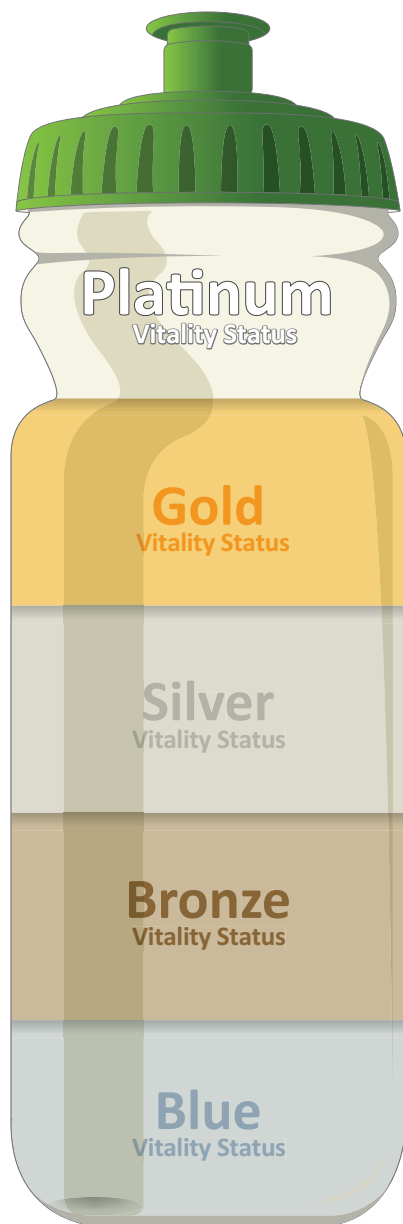
Activity During Year	Vitality Points Earned
Health Assessment (HA)	500
Bonus – HA completed within the first 90 days	250
First Step HA*	500
Vitality Check® completion	2,000
Vitality Check in-range results	
BMI (body mass index)	800
Blood pressure	400
Blood glucose level	400
Cholesterol level	400
<b>Silver Vitality Points level (5,000 Vitality Points)</b>	<b>5,250</b>

\* 500-point limit for First Step HA over the life of membership



### How to Reach Silver Vitality Status

Watch our YouTube video to learn some quick ways to move from Bronze Vitality Status to Silver Vitality Status – and earn a 10% discount in the HumanaVitality Mall. Go to <http://bit.ly/howtogettosilver>.



## Family

(Illustration below is for two adults and one child. Assumes both adults complete where indicated with x2.)

Activity During Year	Vitality Points Earned
Health Assessment (x2)	1,000
Bonus – HA completed within the first 90 days (x2)	500
First Step HA* (x2)	1,000
Vitality Check completion (x1)	2,000
Vitality Check in-range results (x1)	
BMI (body mass index)	800
Blood pressure	400
Blood glucose level	400
Cholesterol level	400
Complete 5K run/walk	250
Two workouts per week for 12 weeks (15 points x 24)	360
Bonus – 15 points for first workout points of week	180
Kids Health Assessment	200
Kids preventive care visit	200
Kids flu shot	100
Kids sports league	100
CPR certification	125
<b>Silver Vitality Points level (8,000 Vitality Points)</b>	<b>8,015</b>

HumanaVitality is not an insurance product.

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