



# HUMANA Vitality

Log in at MyHumana at **Humana.com**.

*If you aren't registered on MyHumana, select "register" in the login box, and follow the instructions.*

From the MyHumana homepage, click the HumanaVitality<sup>SM</sup> link.

Take the HumanaVitality health assessment ... and you'll earn Vitality Points<sup>TM</sup>!

## Earning more Vitality Points is easy, too

After taking the HumanaVitality health assessment, you'll receive your Vitality Age<sup>TM</sup> and recommended goals and activities chosen just for you. Pick the goals and activities to focus upon, and they become part of your personalized plan – known as your Personal Pathway<sup>TM</sup>. With each goal and activity you accomplish, you earn [Vitality Points](#), which turn into Vitality Bucks<sup>®</sup> redeemable on thousands of rewards in the HumanaVitality<sup>SM</sup> Mall, including hotel stays and electronics.

**Have questions or ideas for healthier living?** See your [Well-being Champion](#) today.

## Here's how you can get a pedometer ...

When you complete your HumanaVitality health assessment within the first 90 days of your effective date, you receive 1,250 Vitality Points. Visit the HumanaVitality Mall to redeem those Vitality Bucks for a Humana pedometer. Then, use your pedometer to step your way to more [Vitality Points](#) – and higher Vitality Status<sup>®</sup> – to earn even more rewards. Learn how easy it is – go to the Fitness Devices section of the Get Healthy tab on HumanaVitality.