



Get rewarded for making healthy choices.

Welcome to HumanaVitalitySM.

Thank you for choosing Kentucky Employees' Health Plan. Right from the start you're going to experience a positive difference, because your plan includes HumanaVitality, a one-of-a-kind rewards-based wellness program that can help you enjoy a healthier and happier life.

HumanaVitality is an exciting wellness and incentives program that rewards you for taking steps to improving your health by doing things like going to the health club, participating in sports leagues and taking your health assessment.

Based on your health assessment, you can easily set your health goals. And when you take steps to reach your goals, great rewards are waiting – everything from movie tickets, music downloads, hotel stays and electronics.

In the next week or so, you'll receive a Quick Start Guide to the HumanaVitality program in the mail.

But why wait to get started? Log in to livingwell.ky.gov now. You'll begin to learn how to improve your overall health and well-being – and get rewarded.

[GET STARTED NOW](#)

HUMANA Vitality

[GET STARTED NOW](#)

Take your first three steps to better health:

1. Register or log in to livingwell.ky.gov
2. Take your health assessment
3. Start shopping in the HumanaVitalitySM Mall



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If you'd like to choose another way for us to communicate with you, register or log in to [Humana](#), click on "Profile" at the top of the page, and choose the "My Communications Preferences" link.

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If you do not want us to contact you by e-mail, you can [unsubscribe](#) from our online community.

For additional information, please visit Humana.com.

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