

# Complete your LivingWell Promise by May 1

## Take your pick or do both!

### Vitality Check (biometric screening)

The biometric screening consists of a finger prick to measure your cholesterol and blood glucose, a blood pressure check, and height, weight, and waist circumference measurements. The screening is provided at no cost\* to you and is offered at a number of convenient [locations](#).

Or, visit a KEHP-sponsored screening event now through April 30. Registration is required and space is limited! Find an event and make your appointment [HERE](#) or call (888) 708-8807 ext. 1. Use the screening key HWS13. Registration closes seven days prior to the event.

Fast for at least nine hours prior to your appointment, and bring your HumanaVitality ID card and a photo ID.

### Health Assessment (HA)

Visit [LivingWell.ky.gov](http://LivingWell.ky.gov). Click on "HumanaVitality Login" to sign in or register.

Click the "Get Healthy" tab.

Click "Health Assessment" and answer the questions to receive your Vitality Age.

Or download the new HumanaVitality mobile app to complete your Health Assessment.

If you don't remember your user name or password, click that link, then choose "Continue" under the "Member" option. You will need your Member ID, which is located on your HumanaVitality ID card.

### Get Rewards

HumanaVitality rewards you for completing your promise. Receive 2,000 Vitality Points just for completing the Vitality Check and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment.



Visit <https://LivingWell.ky.gov> for all your wellness benefits.  
Questions? Call 855-478-1623.



Questions?  
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