Time is running out!

Have you kept your LivingWell Promise? Deadline May 1

If you selected the LivingWell CDHP or PPO health plan for 2014, you promised to:

- Take the HumanaVitality Health Assessment (HA) by May 1, 2014. The HA includes a series of questions about your health habits. When completed, you'll receive your Vitality Age and important information about your current health, as well as a variety of ideas to improve your health.

- Keep your contact information (e-mail, phone number and mailing address) current in KHRIS ESS or with your retirement system.

Two Easy Steps

Step 1: Complete your HumanaVitality Health Assessment (HA)

1. Go to LivingWell.ky.gov
2. Click on "HumanaVitality Login"
3. Sign in or register
4. Click the "Get Healthy" tab
5. Click "Health Assessment" to answer the questions and receive your Vitality Age

View/print detailed log-in instructions.

Step 2: Update your contact information

Employees

1. Log in to KHRIS Employee Self-Service (ESS)
2. Click "Personal Information"
3. Click "Addresses"
4. Review and update your information, if necessary
Retirees

Contact your retirement system to update your contact information:

**Kentucky Retirement System**
800-928-4646
502-696-8800

**Kentucky Teachers’ Retirement System**
800-618-1687
502-848-8500

**KCTCS Retirement**
859-256-3100

**Judicial Retirement or Legislators’ Retirement**
502-564-5310

Tips

See a list of frequently asked questions here.

View or print a sample HumanaVitality Health Assessment (HA) here. Or watch this webinar.

To verify that you have completed your Health Assessment, please log in to your HumanaVitality page, click on “Earn Vitality Points” and choose “View Vitality Points Statement.” You might need to filter activity by “prevention” if you have more than one page of activity. This will show you the date your health assessment was completed and the number of points you were rewarded.

NOTE: Your Humana username and password are different from those for KHRIS.

Please disregard this reminder if you have recently completed your Promise.

Still have questions? Contact your insurance coordinator or call 1-877-597-7474 for Health Assessment information.

Visit LivingWell.ky.gov for all your wellness benefits.