# HumanaVitality

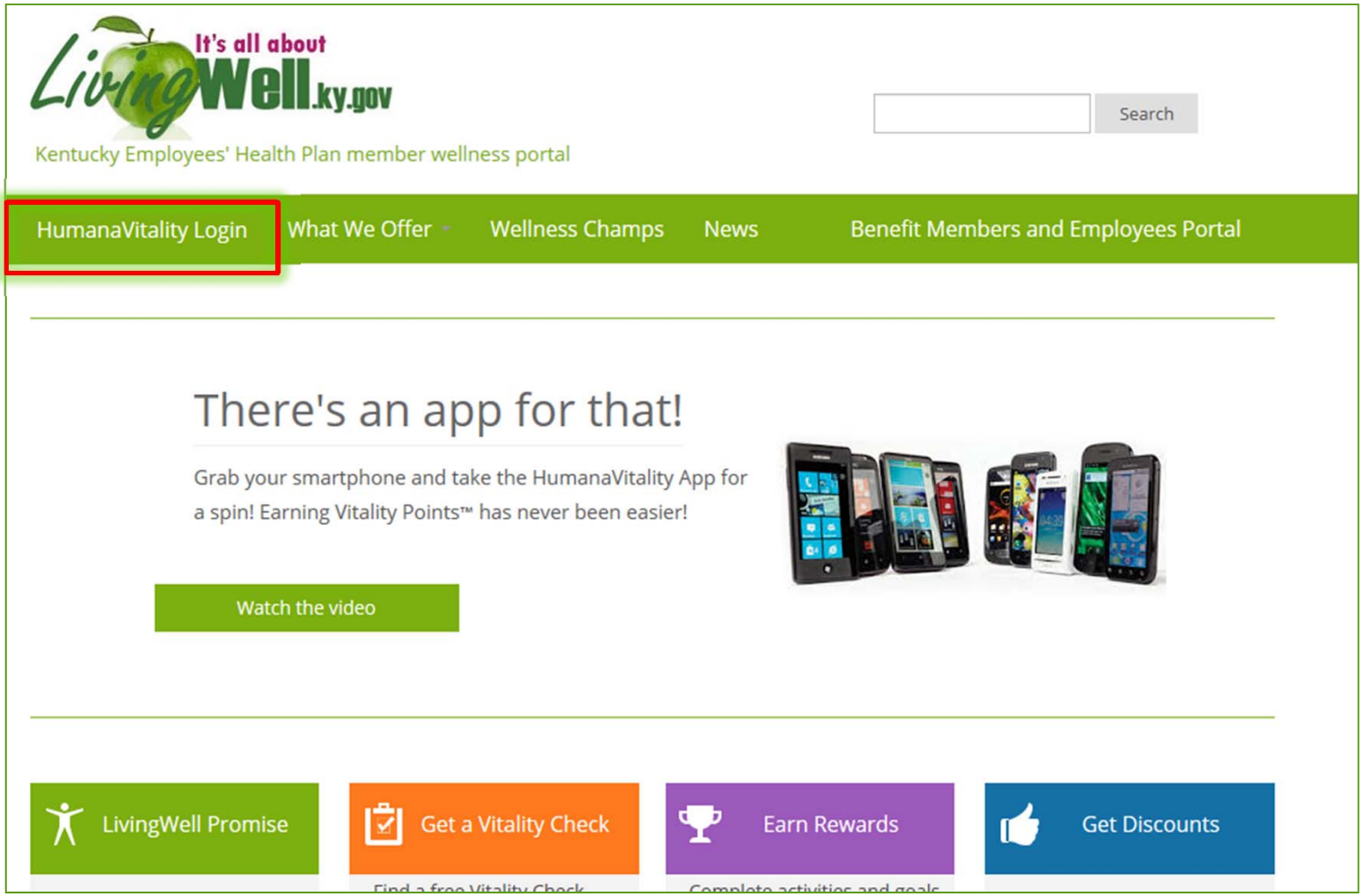
## Instruction Guide:
## Registering for Humana Vitality and Completing your Health Assessment

Humana Vitality

# Web register your HumanaVitality account for the first time

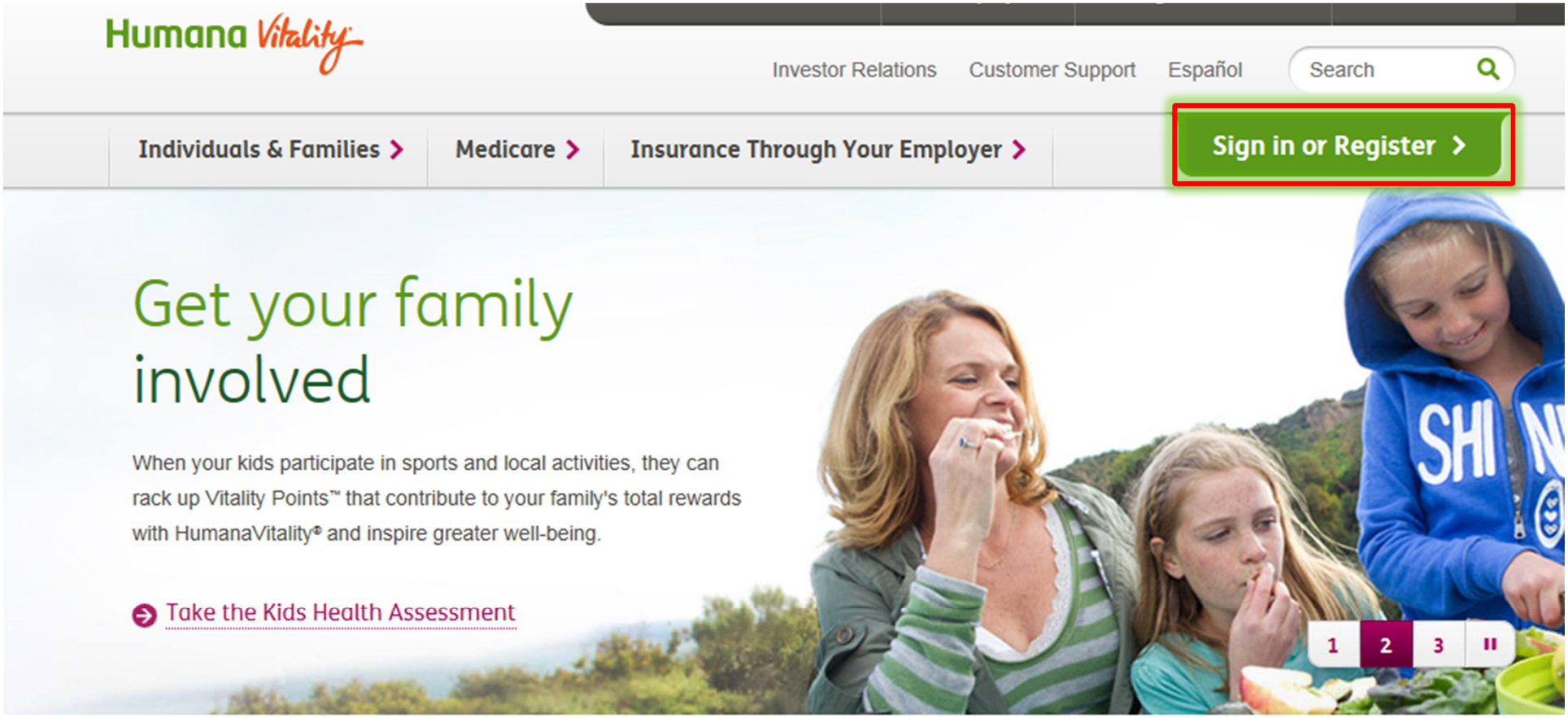
Humana Vitality

# Visit Livingwell.ky.gov and click on “HumanaVitality Login”




Humana Vitality

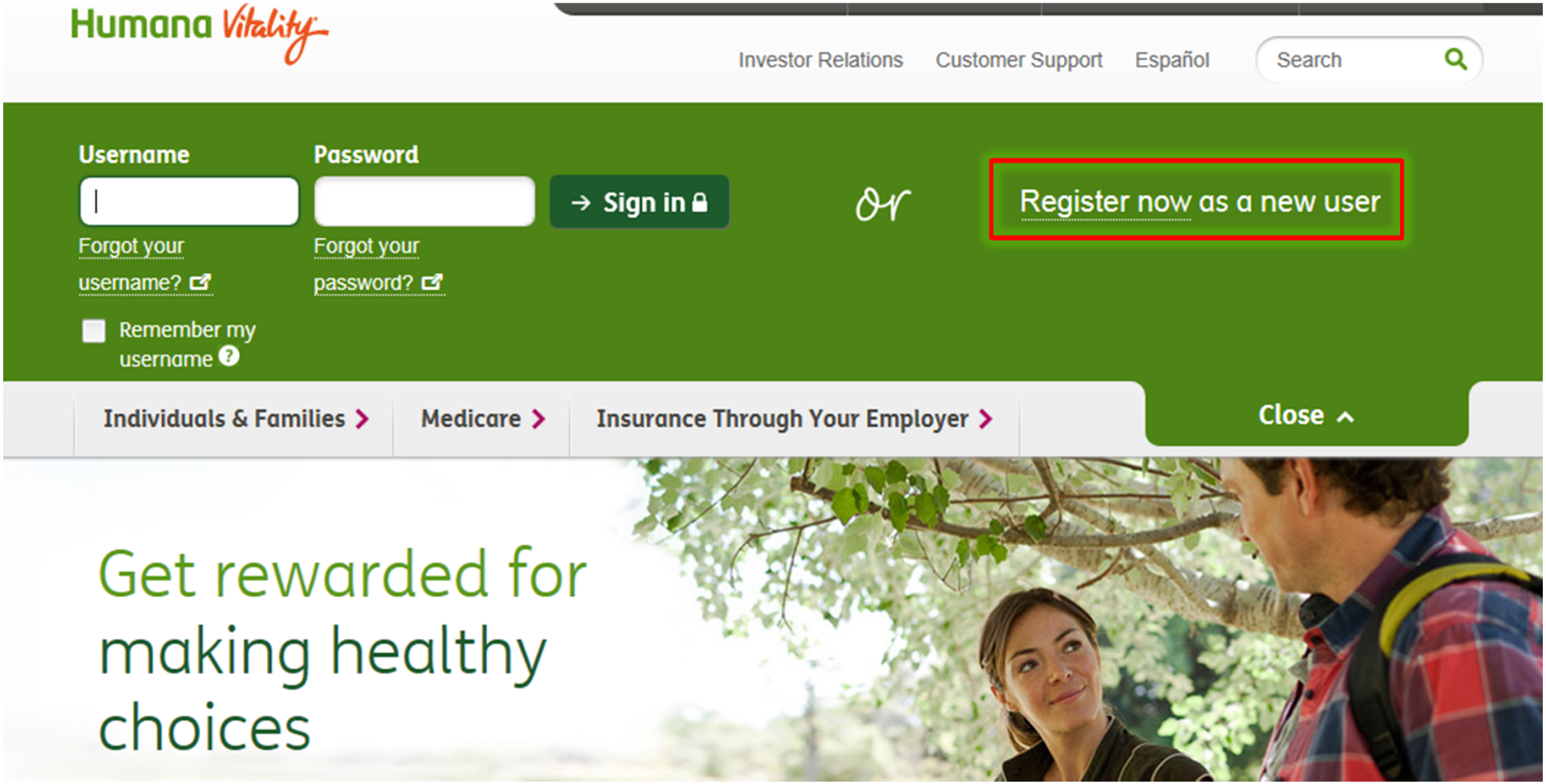
# Click “Sign in or Register”



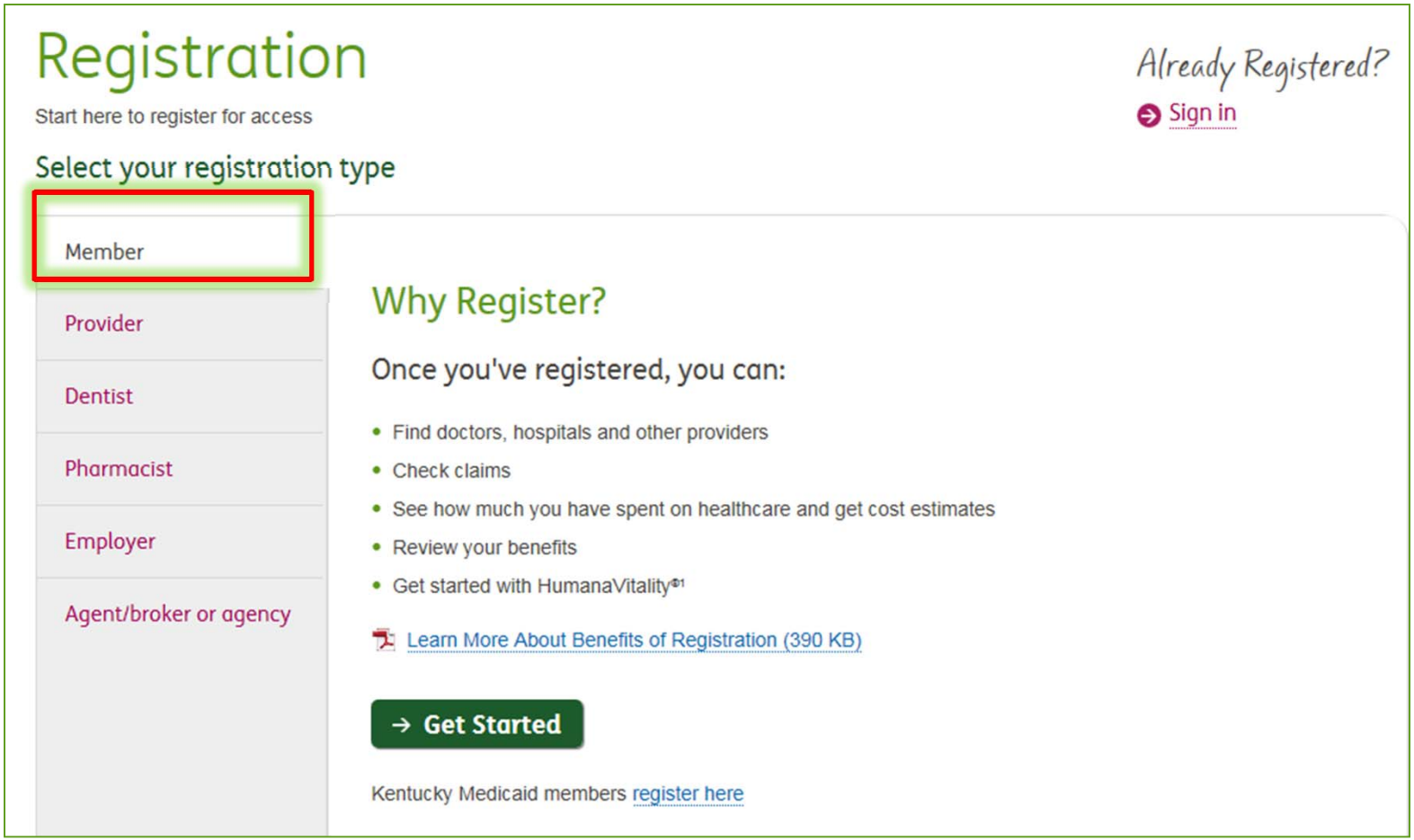

## Simple steps to a healthier you

Humana Vitality

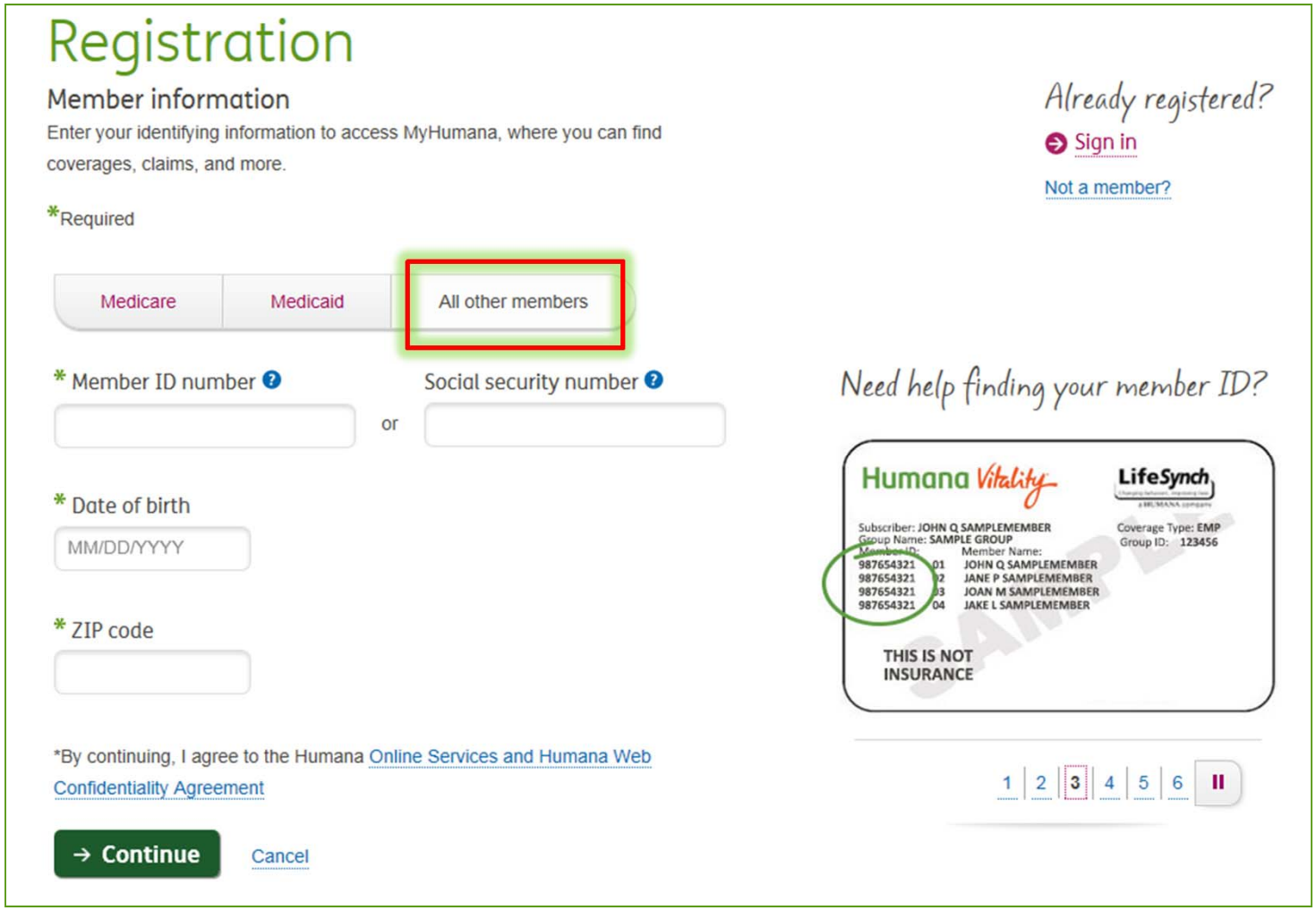
# Click “Register Now”



# Register:
# Select member link



# Register:
# Select member Type: “all other members”

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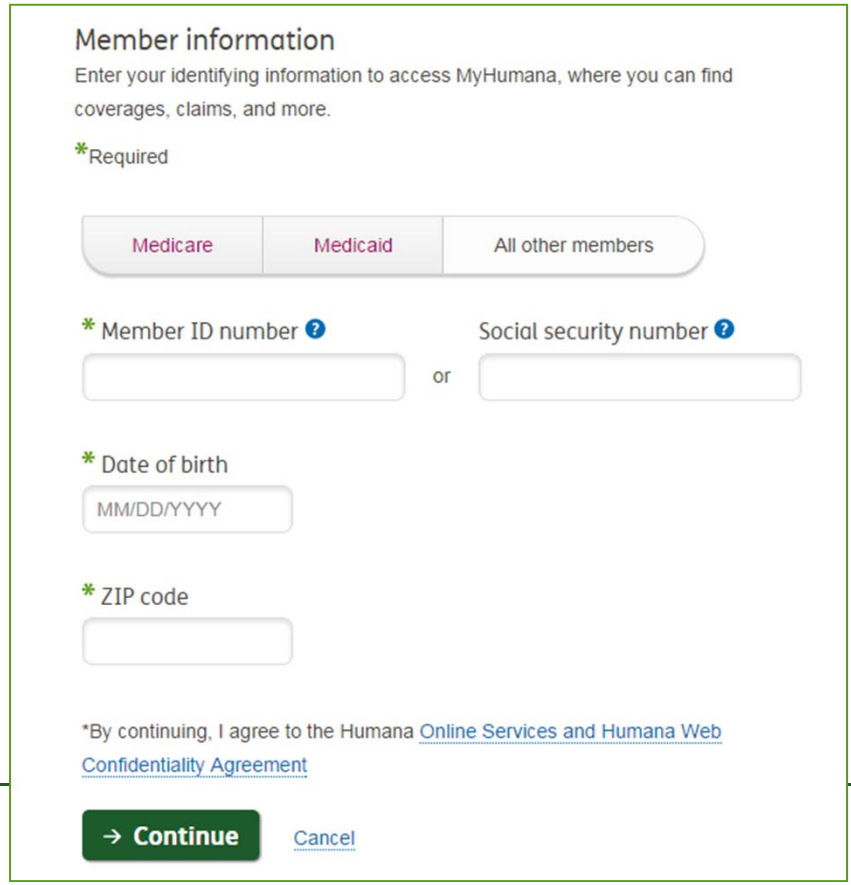
# Register: Complete personal information fields.

NOTE: You will need your Social Security number or 9-digit member ID number found on your HumanaVitality ID card (This is different than a Humana or Anthem medical insurance card. Your member ID will look like this 000007170. If you have multiple people on your plan do not enter the -00 or -01 at the end of your ID number.

Be certain that you are entering your name exactly as it appears on your member ID card. Zip Code and Birthdate must match exactly what is on file with Humana as well.

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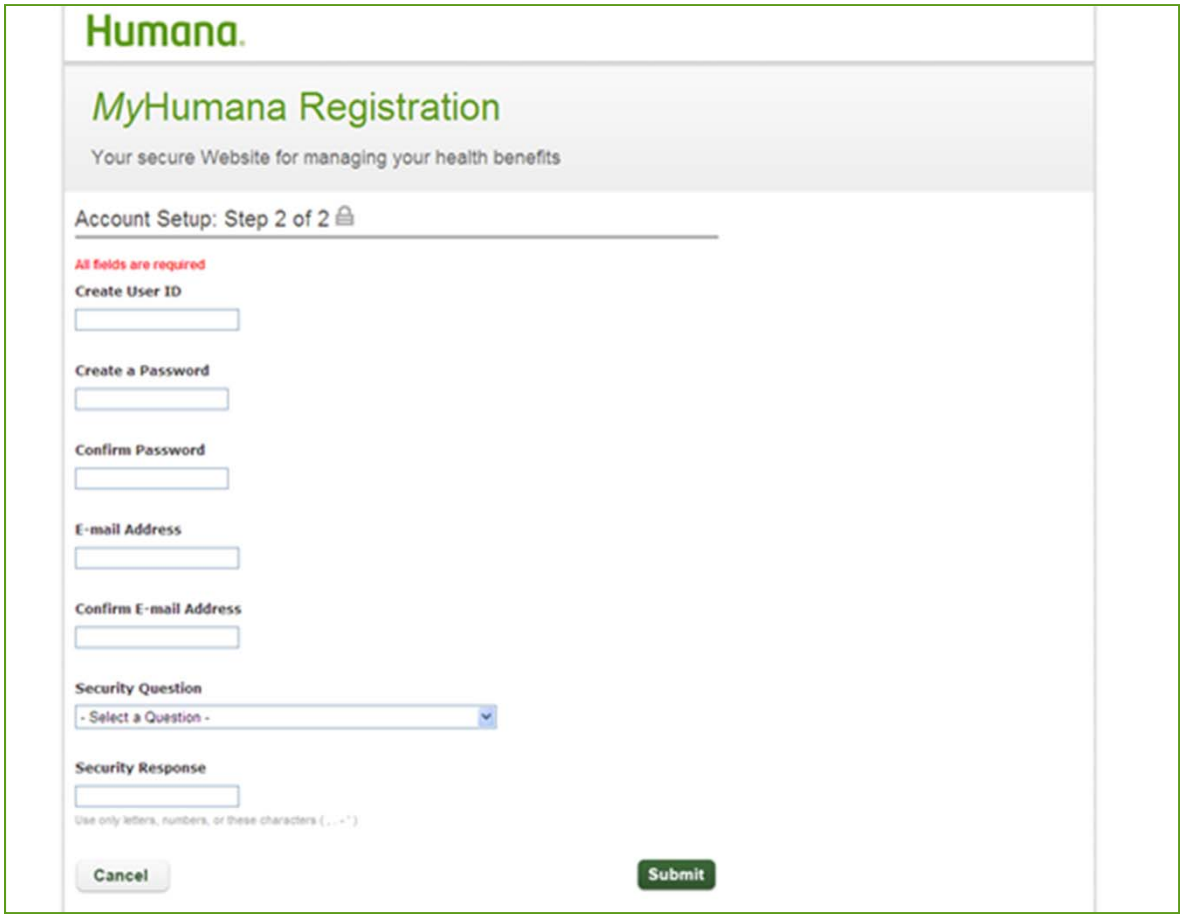
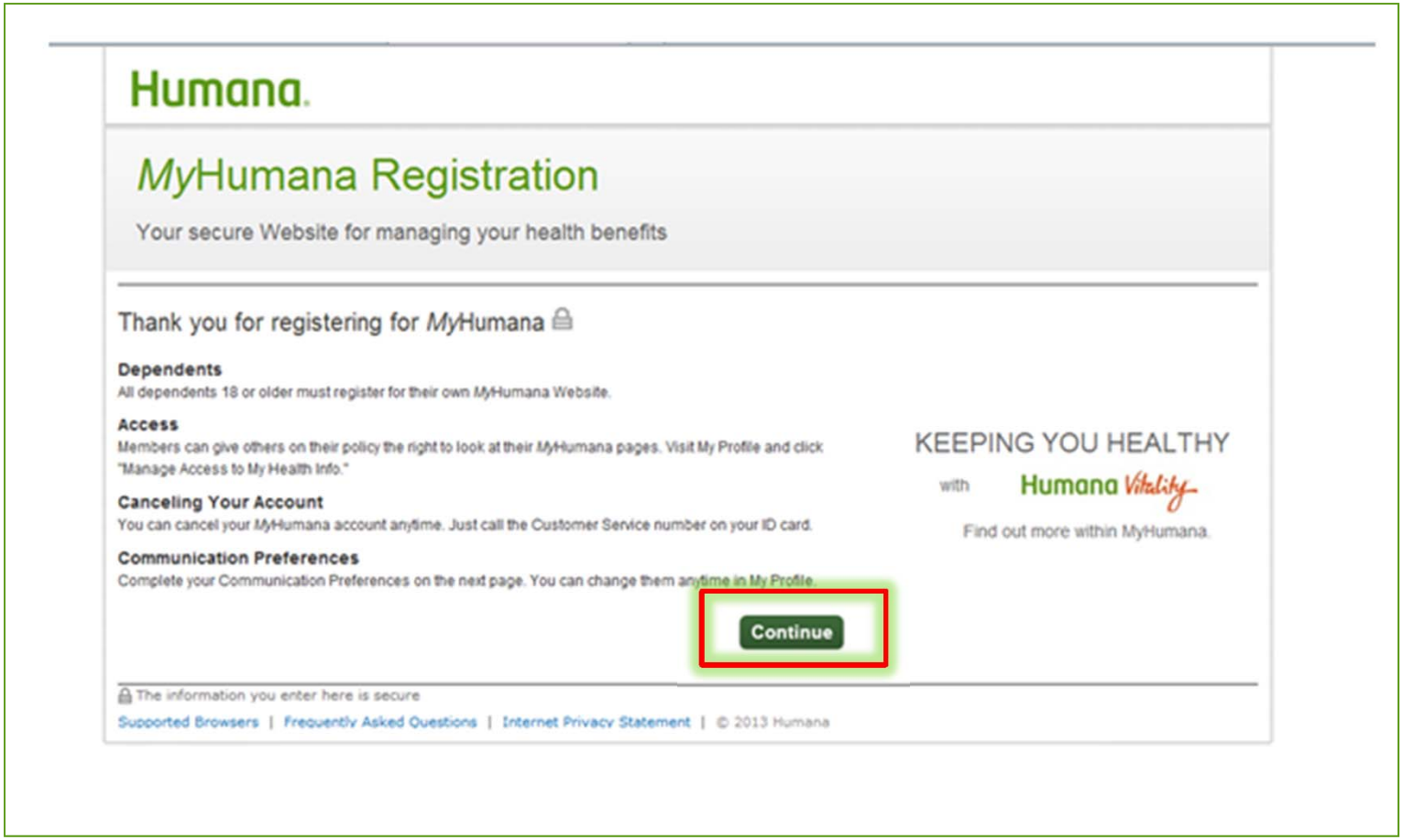
# Create a Username and Password

NOTE: Username requirements are a minimum 7 characters, at least 1 number and 1 letter.
Password requirements are 8 characters, at least 1 number and 1 letter.
Be sure to write down your username and password for future use!



# Registration Complete!

## Click “Continue”

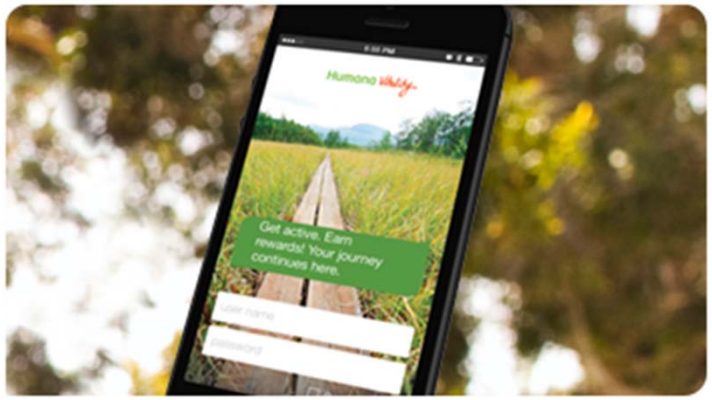


# Register for the first time via the HumanaVitality App

Humana Vitality

# Download the App:
# iTunes App Store or Google Play Store

- Complete a Health Assessment section in 2 minutes or less
- Earn Vitality Points faster by achieving short-term Milestones, like trying a new healthy habit
- Connect your preferred compatible fitness device to earn Vitality Points
- Participate in head-to-head step challenges with your co-workers
- Claim Vitality Points for athletic events and more with just a few taps on your smartphone
- Customize your profile with pictures that keep you motivated




App Store:
https://itunes.apple.com/us/app/humanavitality/id860628393?ls=1&mt=8
Google Play Store:
https://play.google.com/store/apps/details?id=com.humana.vitalityapp

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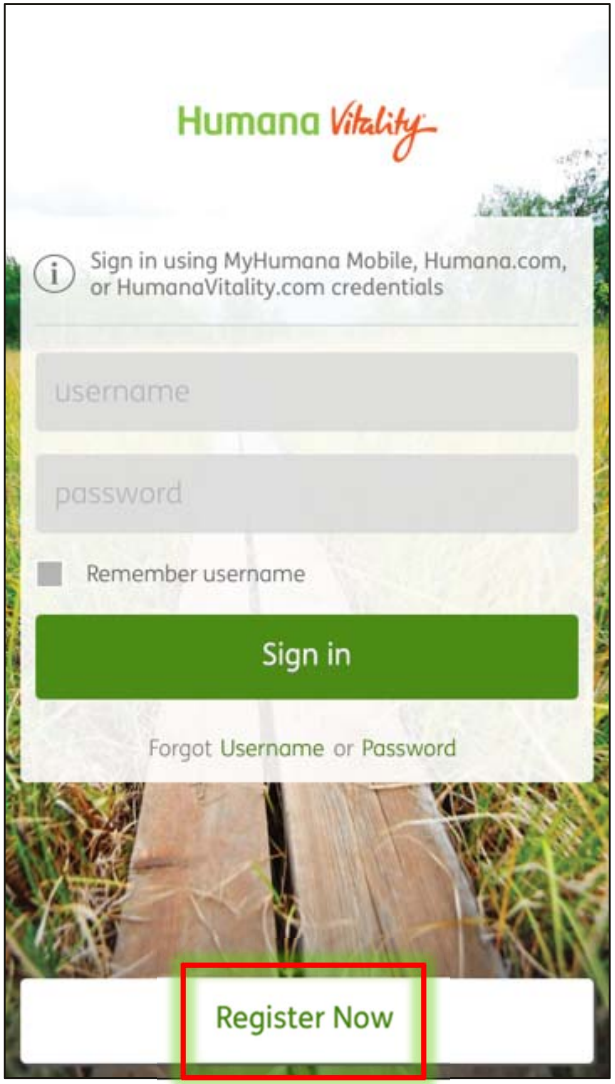
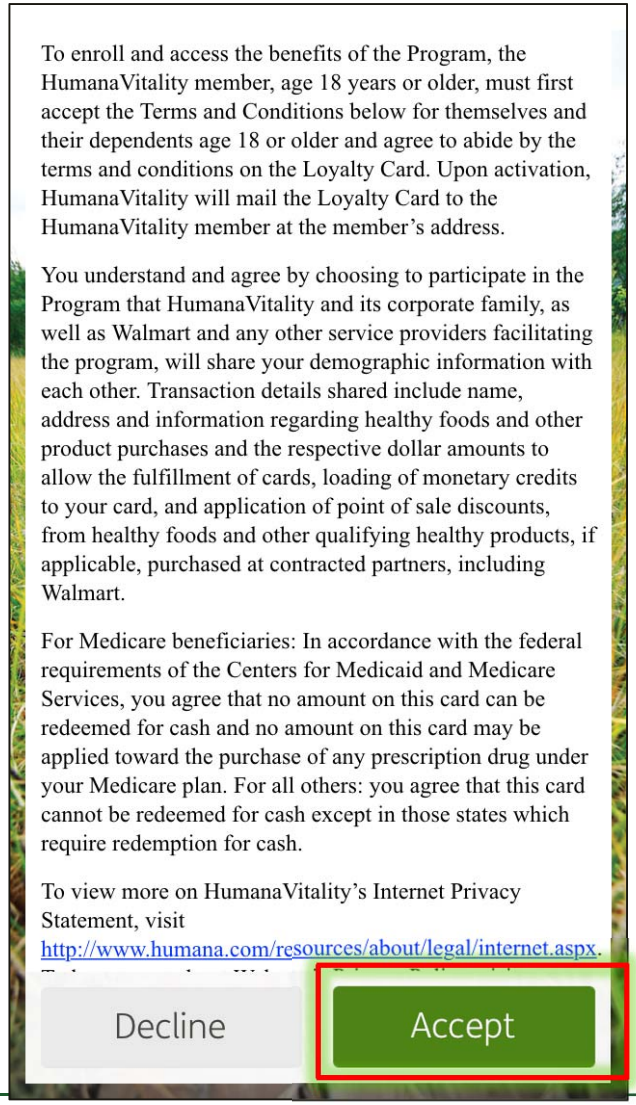
# Click on “Register Now” and “Accept” the terms

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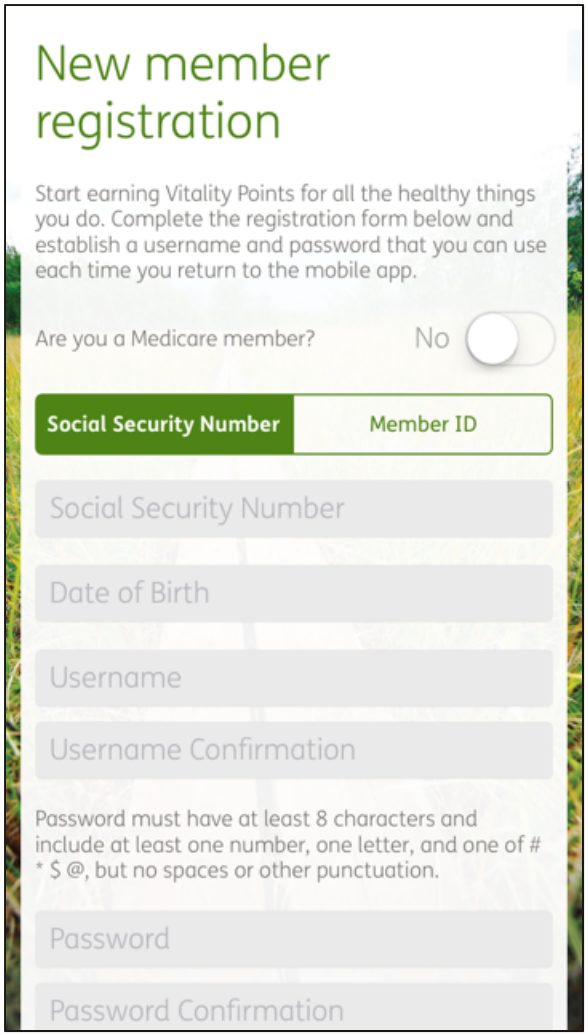
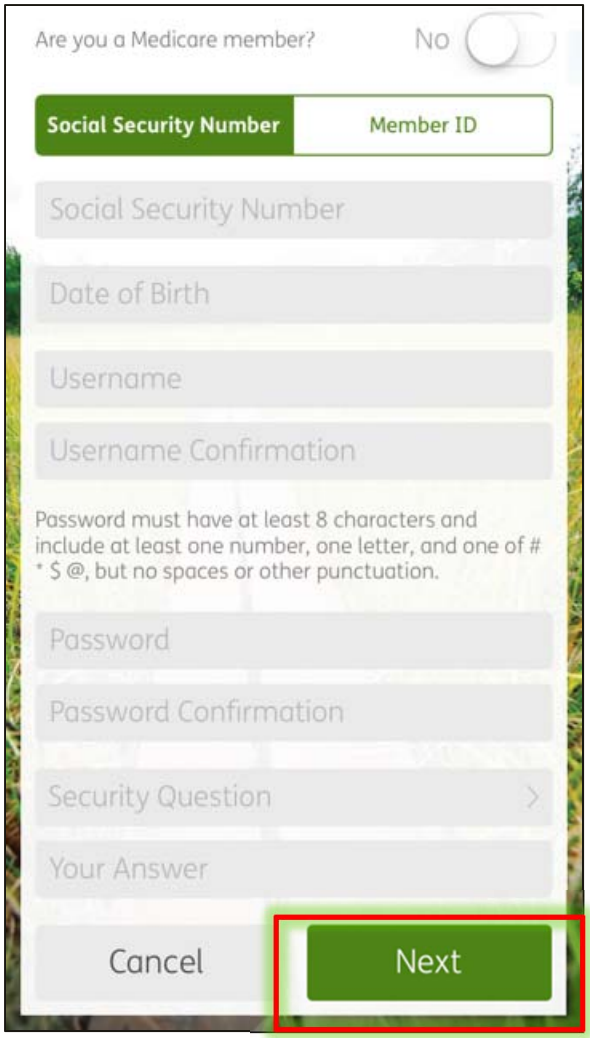
# Complete the registration information and click “Next”

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# Already Registered? Retrieve forgotten Username/Password.

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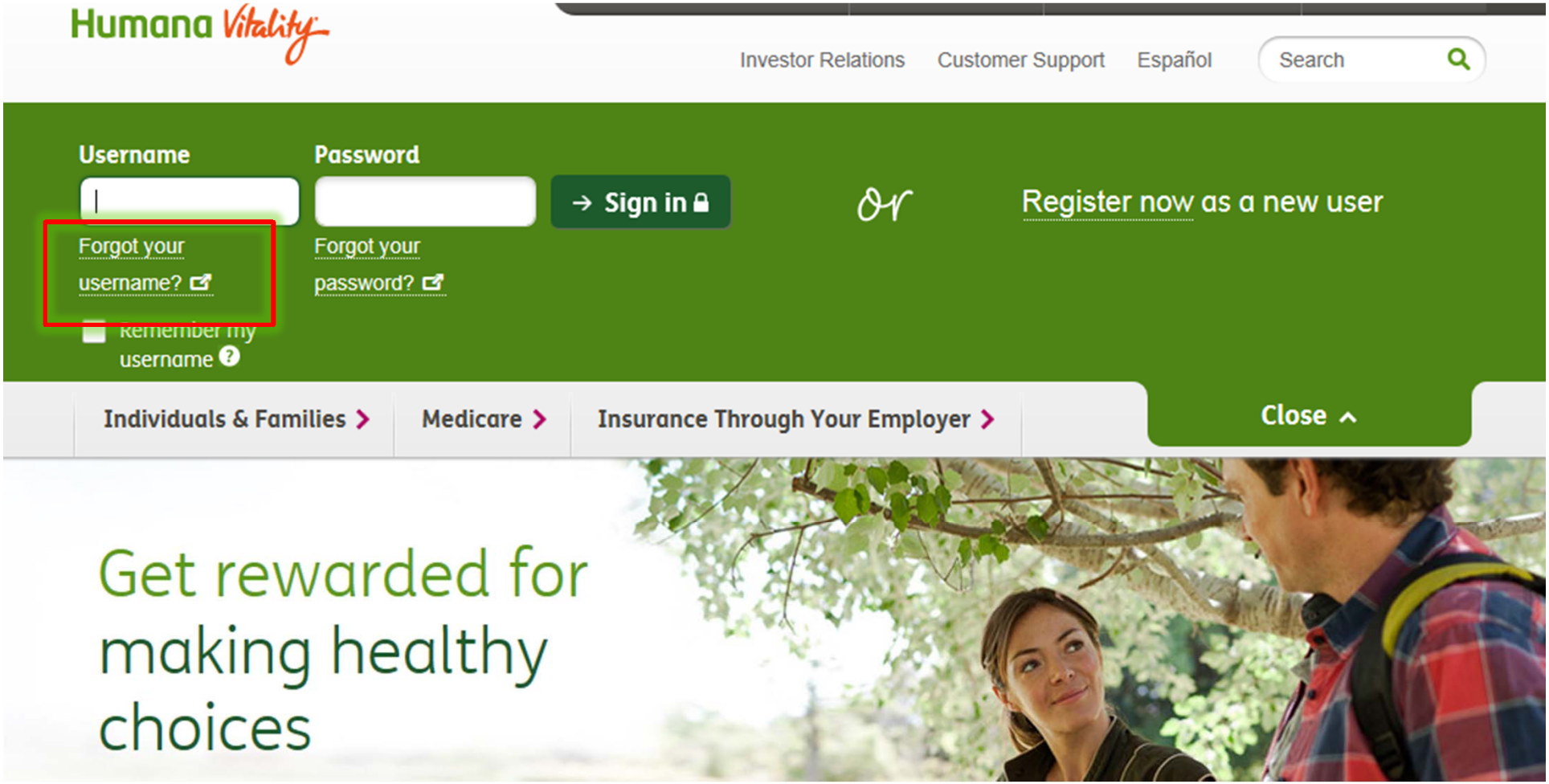
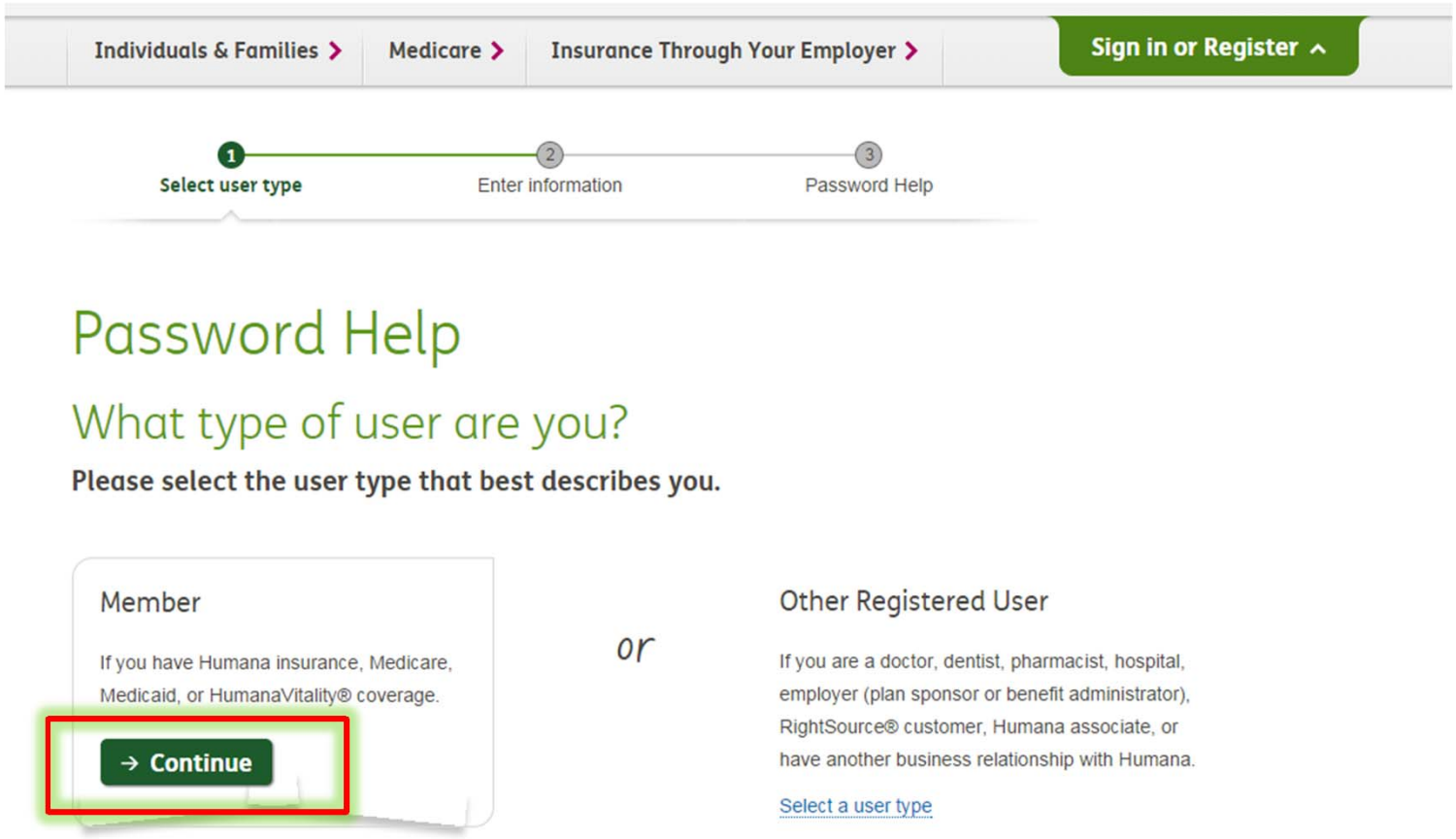
# Forgot Username: Click on “forgot your username”

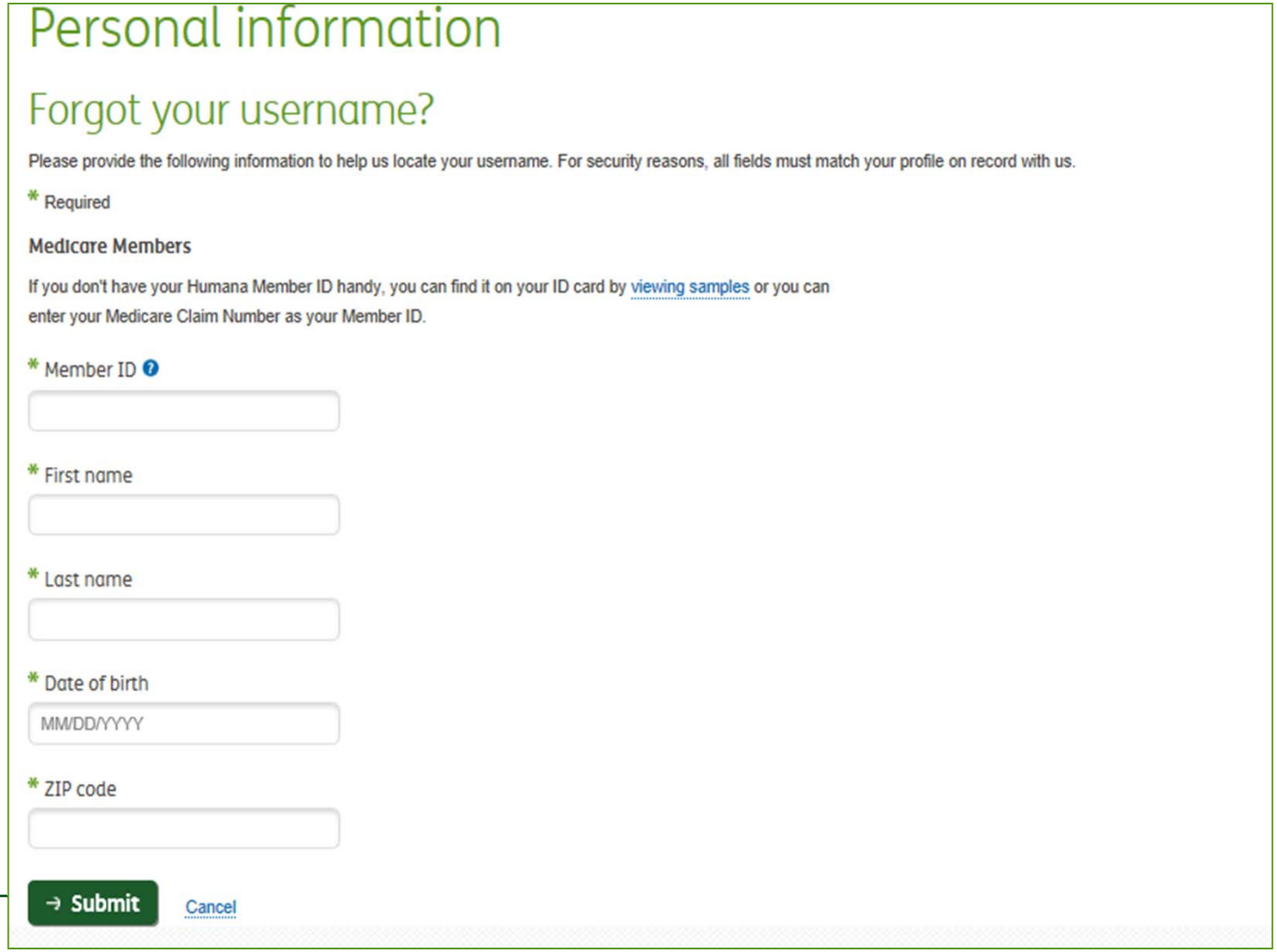


# Retrieve Username:
# Click “continue” in the member section.



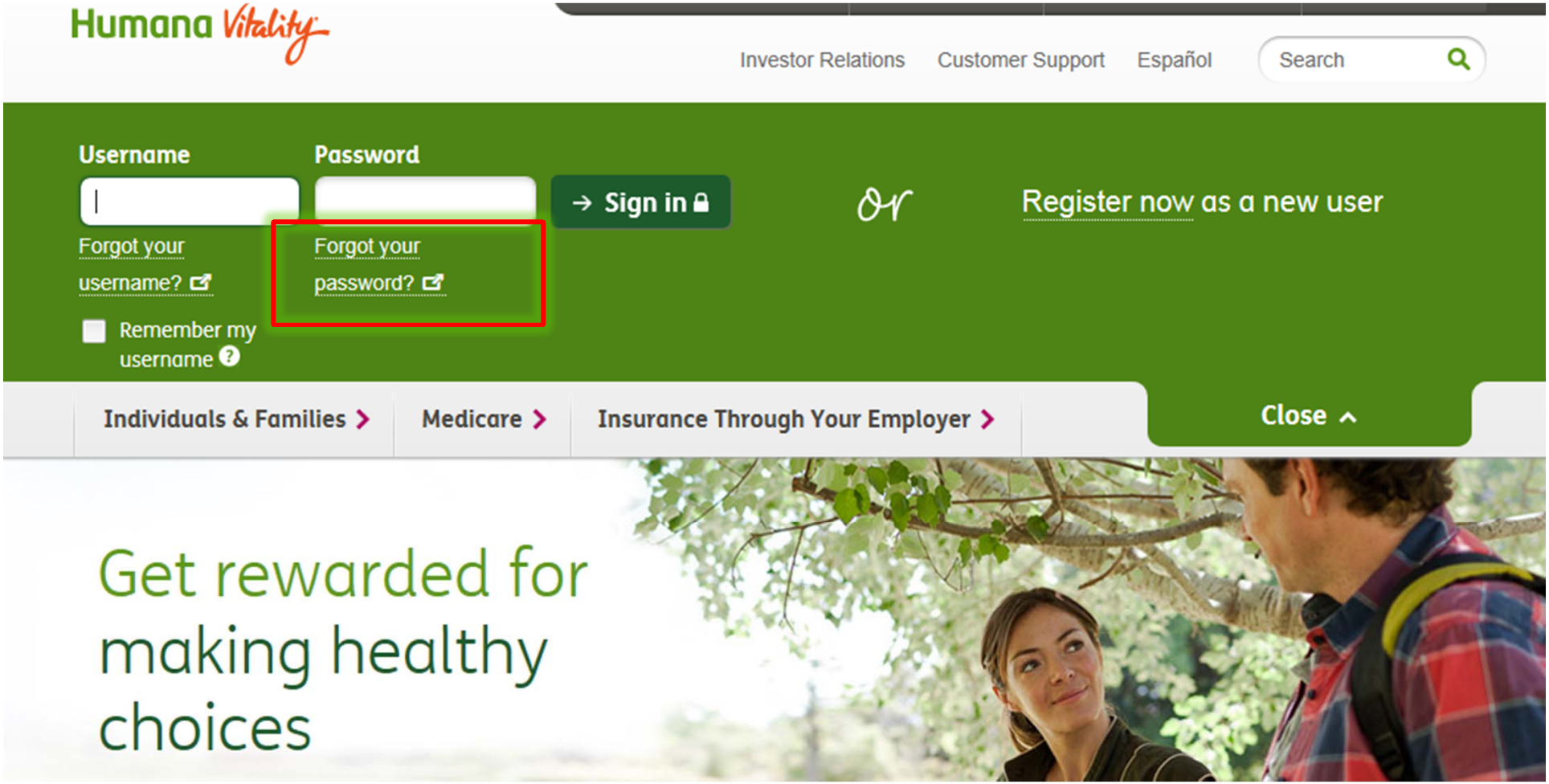
# Enter your personal information to retrieve your Username and follow the steps as prompted.

NOTE:
You will need your 9 digit HumanaVitality ID number found on your HumanaVitality ID card to complete this process.

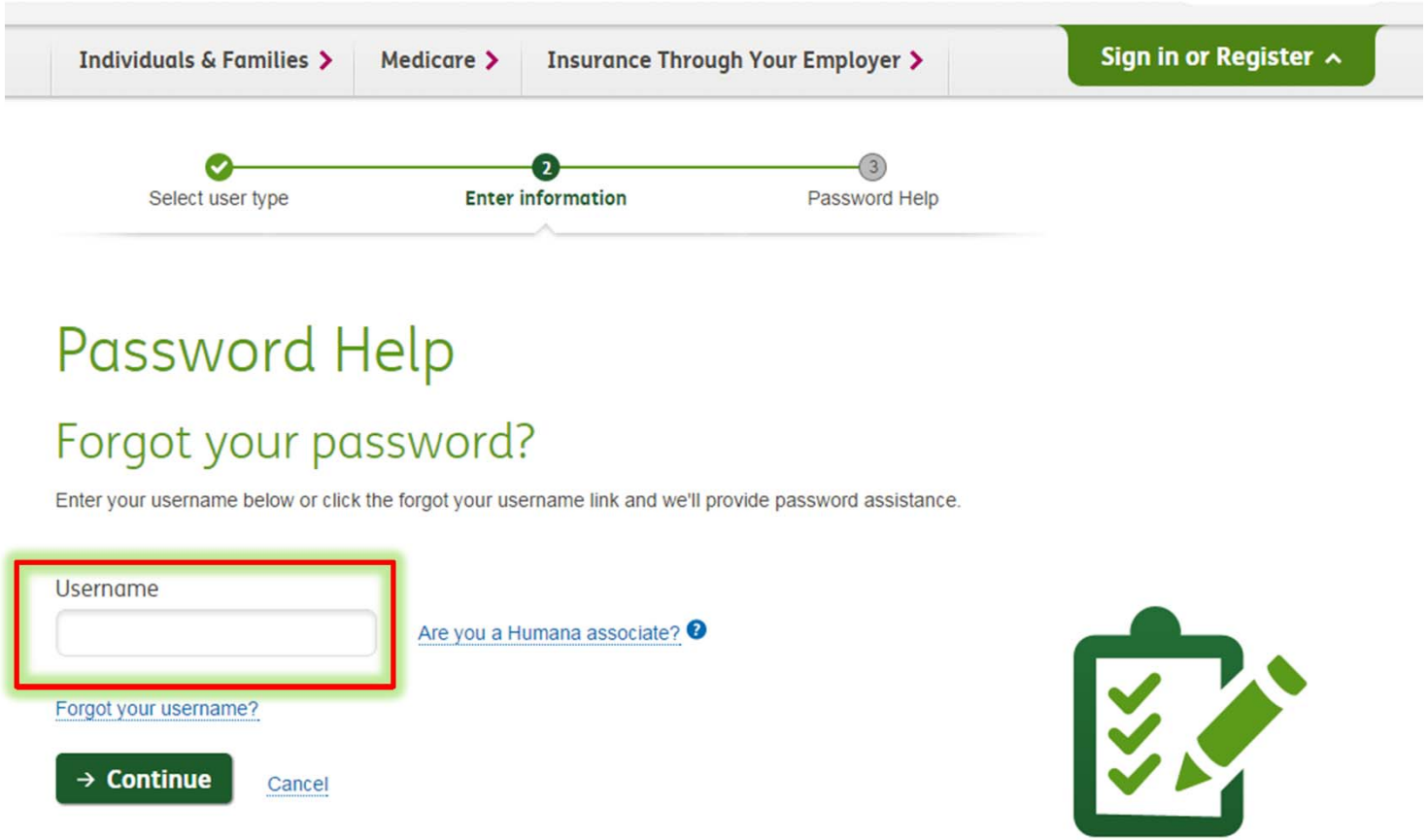



Humana Vitality

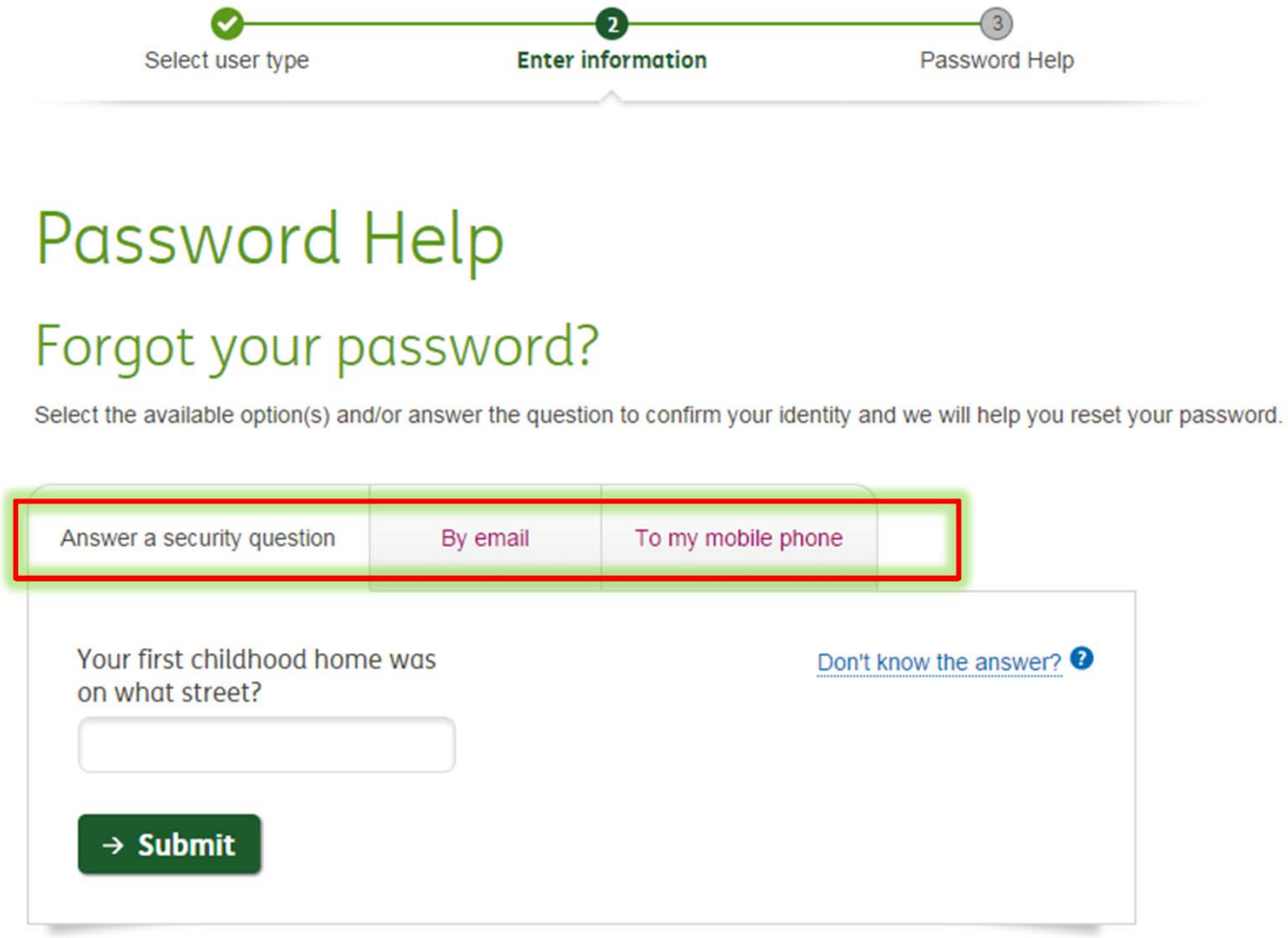
# Forgot Password: Click on “forgot your password”



# To retrieve password:
# Enter Username

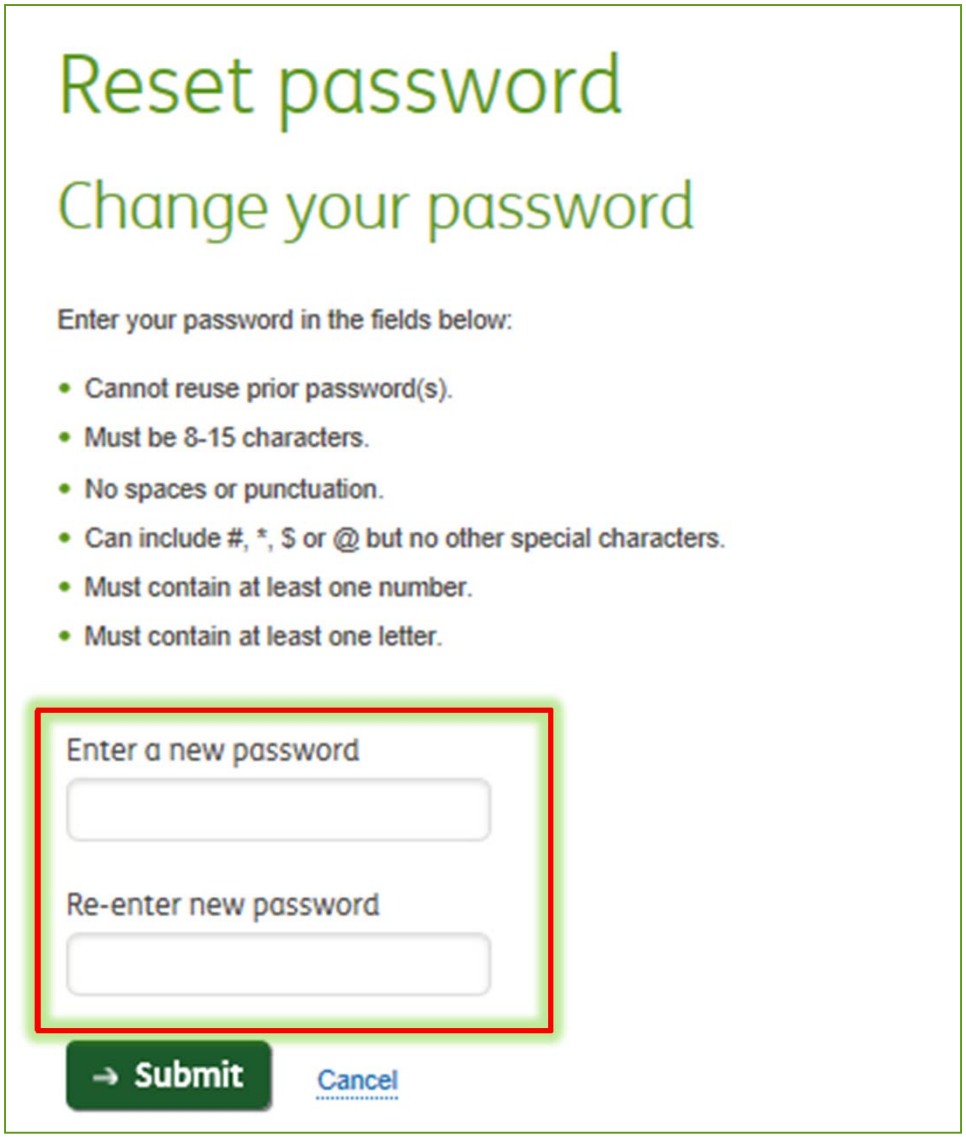


# Select option for password retrieval



# Reset your password

NOTE:
Pay special attention to the password requirements on this screen to create an acceptable password.

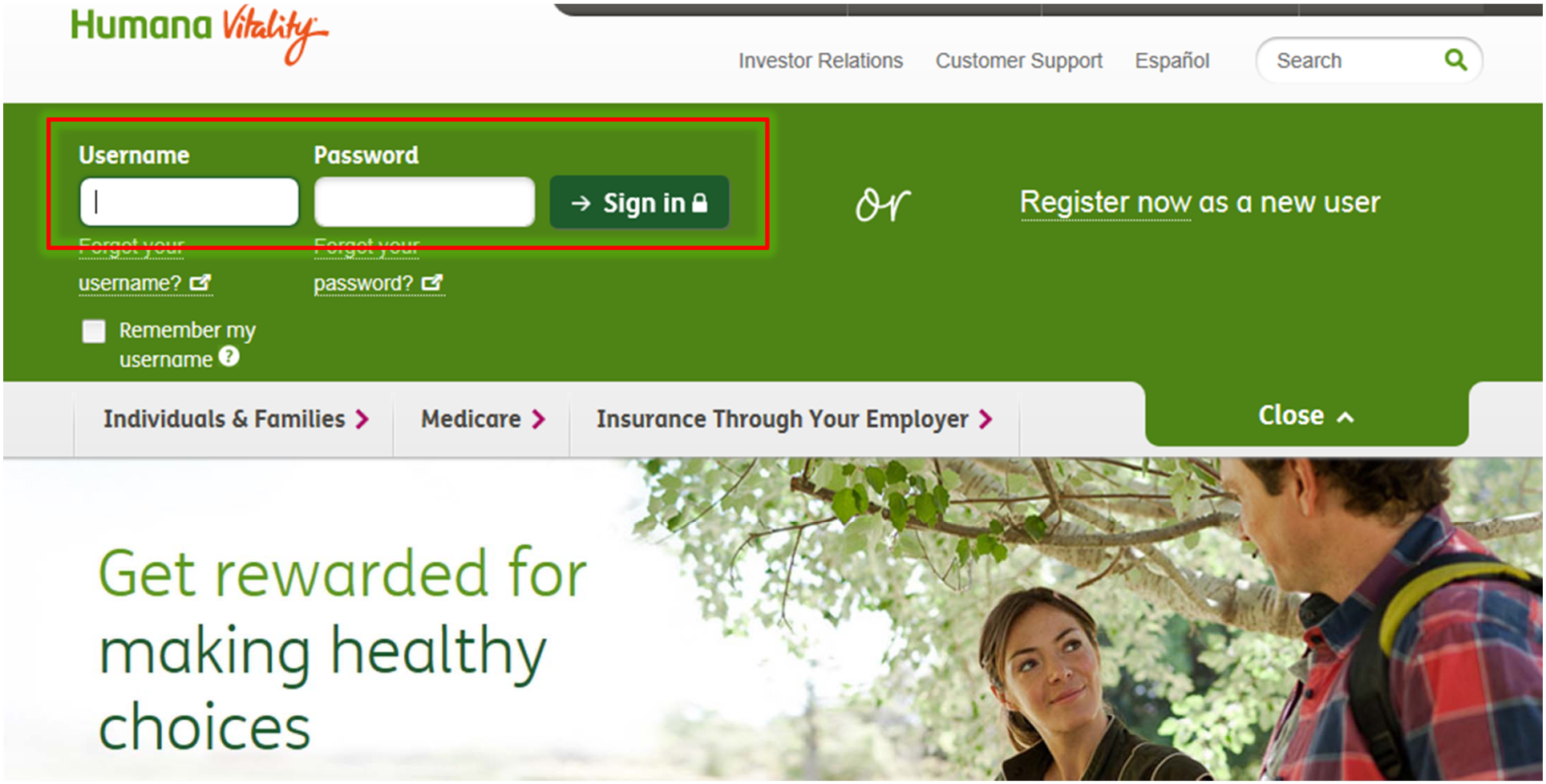


# Take Your Health Assessment

Humana Vitality

# Sign in

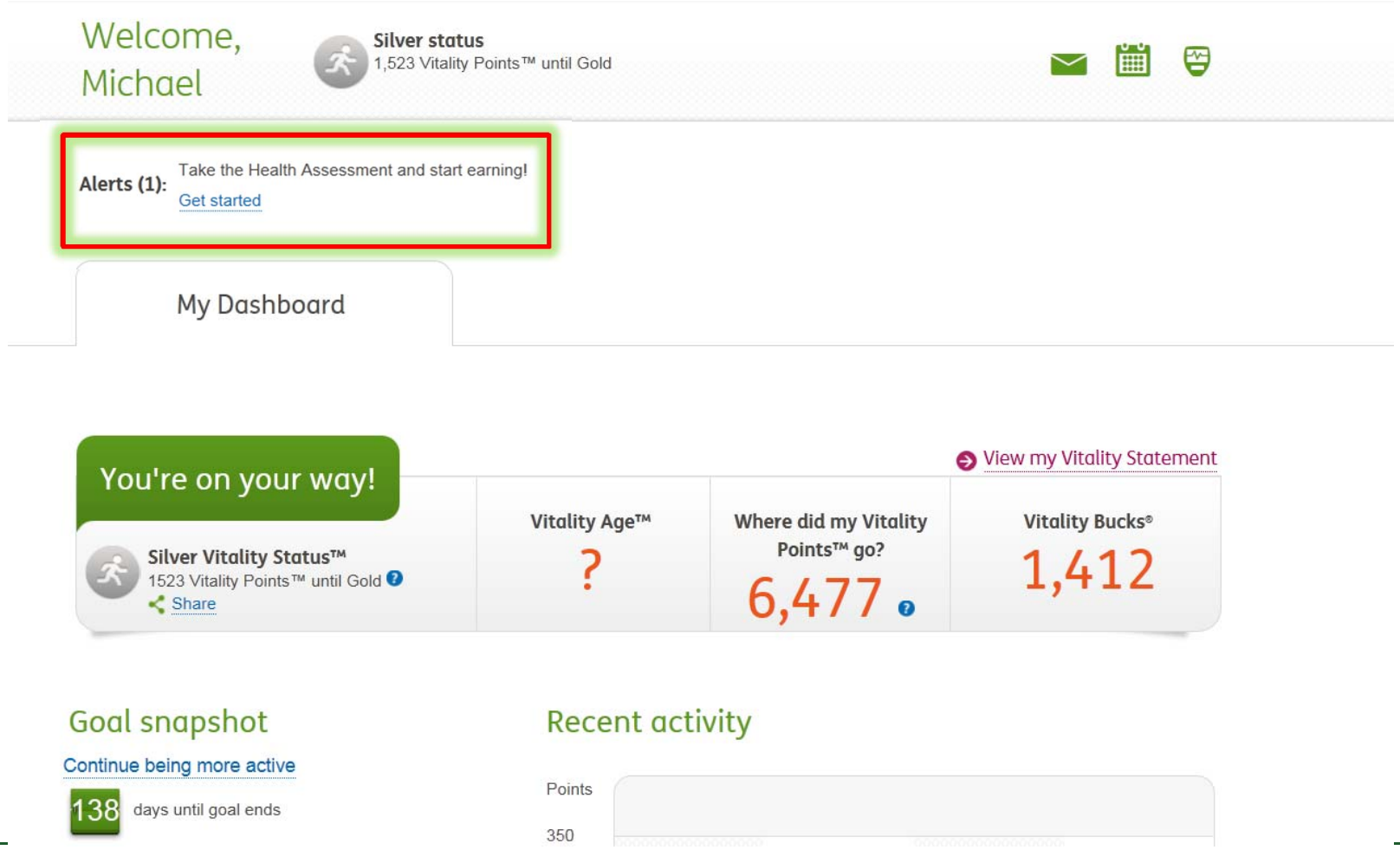
After completing the registration process, return to **HumanaVitality.com** to sign in using the username and password you just created.




Humana Vitality

# Signed In: Dashboard

NOTE: Once you're signed in, click on the alert to "**Take the Health Assessment**" or look for the "Health Assessment" link under the "Get Healthy" tab.

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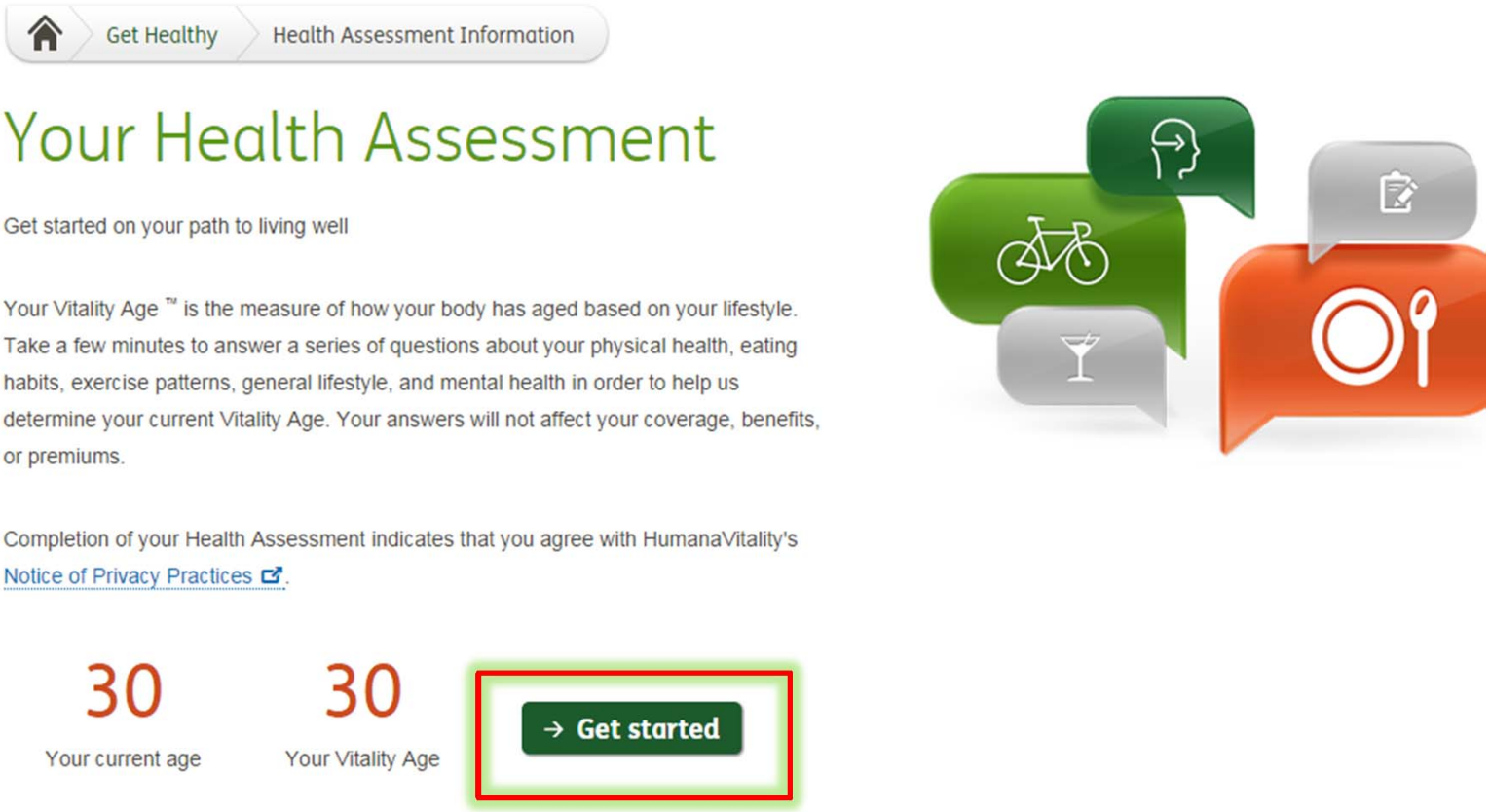
# Click on “Get Started”

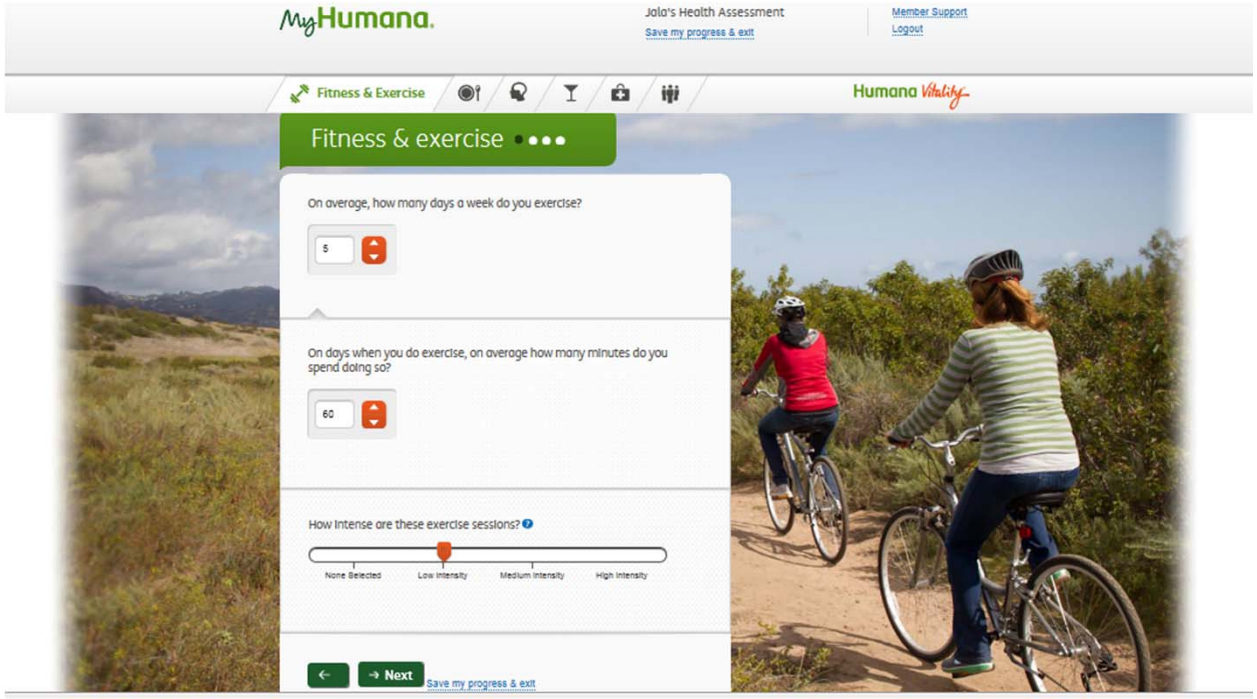
The Health Assessment takes about 10-15 minutes to complete. It’s a series of questions about your current mental and physical well-being, your day-to-day lifestyle, and how you feel about your current health levels.



# Complete the Health Assessment Questions

If you know your medical history and key measurements have them ready to help you to complete your Health Assessment. Don't worry if you do not have your key measurements you'll still be able to complete the Health Assessment. You can indicate 'Don't Know" on those screens.

**Note:** If you had a **Vitality Check**, a blood screening and biometric assessment, which measures your Body Mass Index (BMI), blood pressure, blood glucose and total cholesterol, within the last 18 months, you will see that those results have pre-populated into your Health Assessment. These cannot be updated until a new Vitality Check is submitted.

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MyHumana.

Craig's Health Assessment

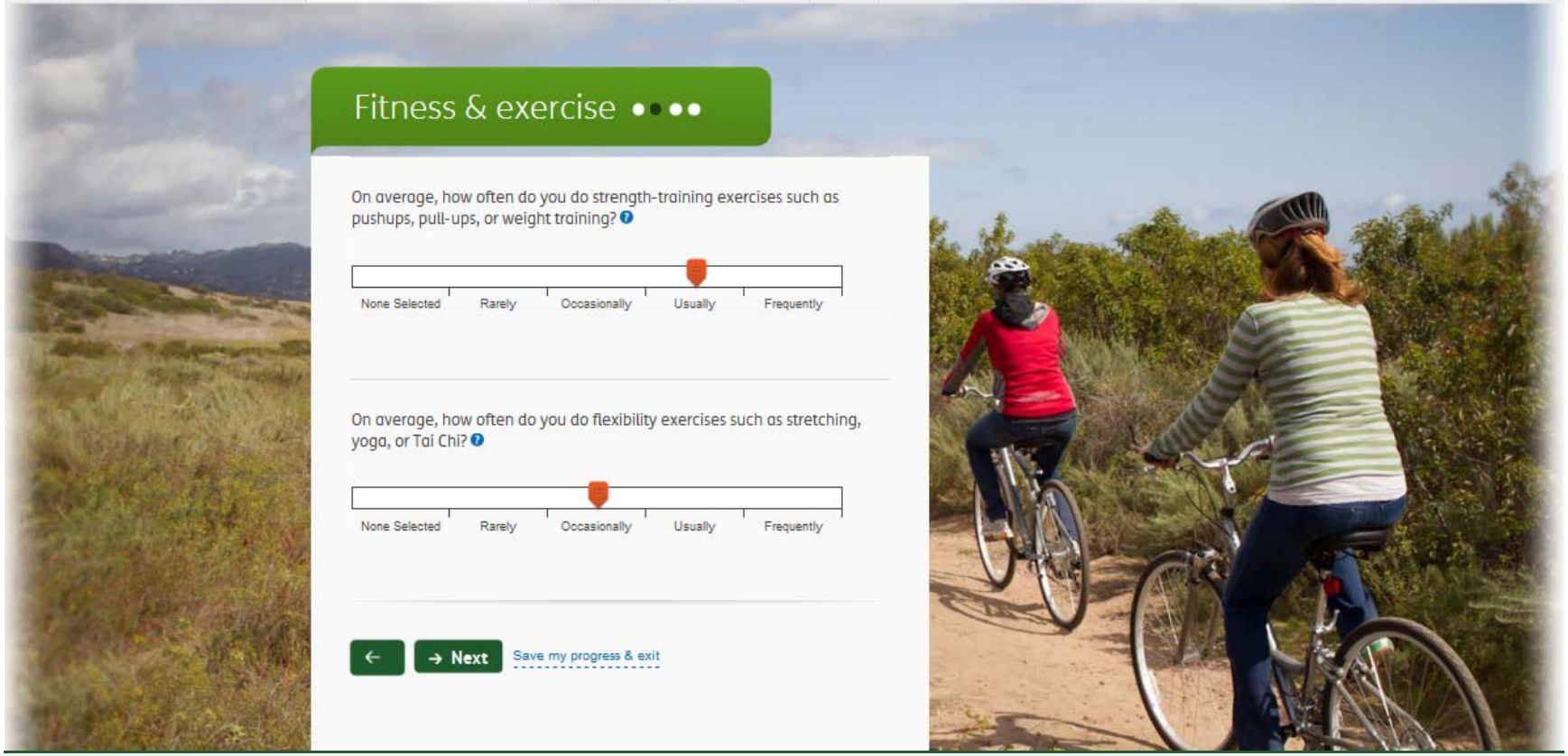
Save my progress & exit

Member Support

Logout

Fitness & Exercise

Humana Vitality



Fitness & exercise

On average, how often do you do strength-training exercises such as pushups, pull-ups, or weight training?

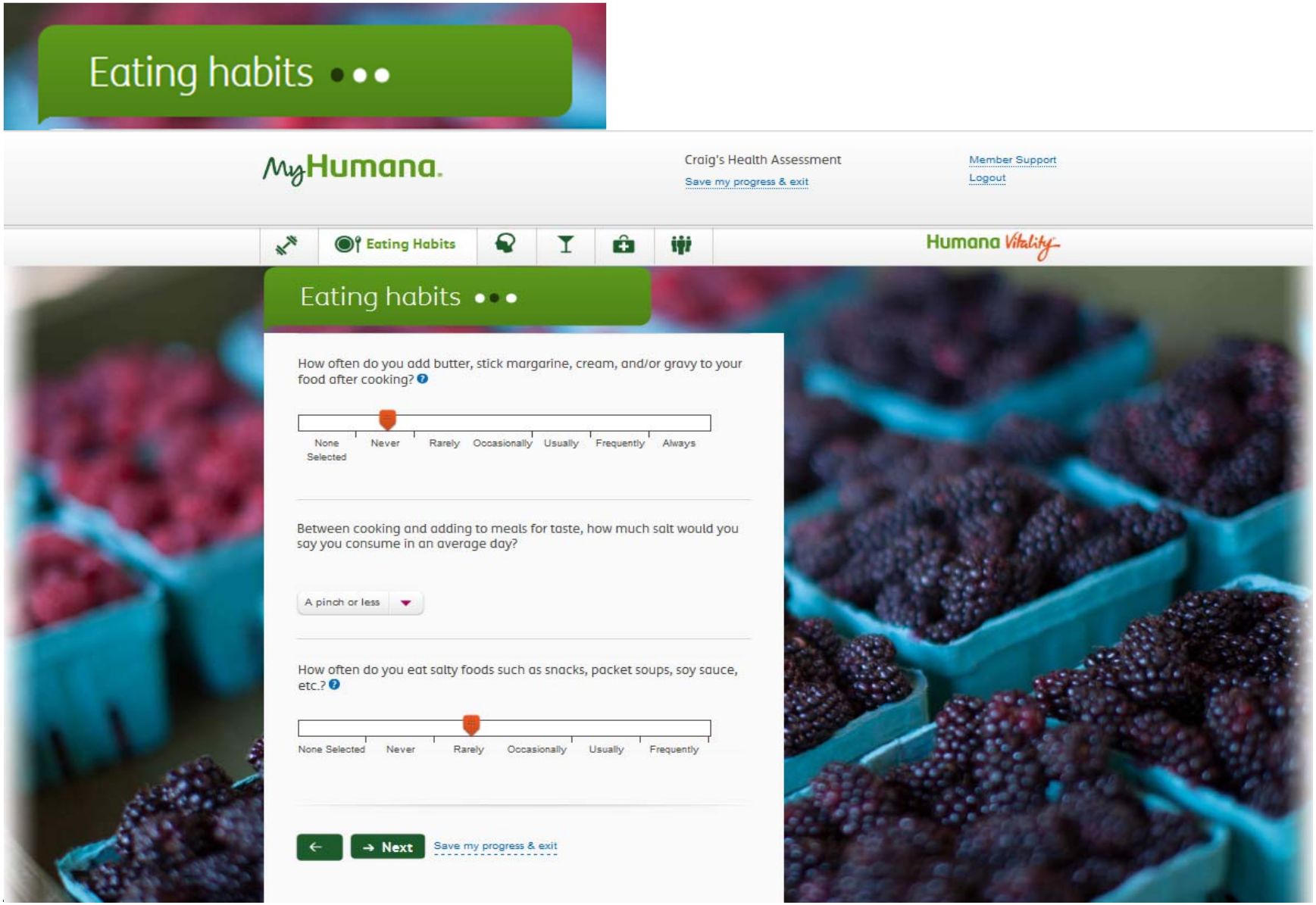
None Selected | Rarely | Occasionally | Usually | Frequently

On average, how often do you do flexibility exercises such as stretching, yoga, or Tai Chi?

None Selected | Rarely | Occasionally | Usually | Frequently

← → Next Save my progress & exit

Humana Vitality

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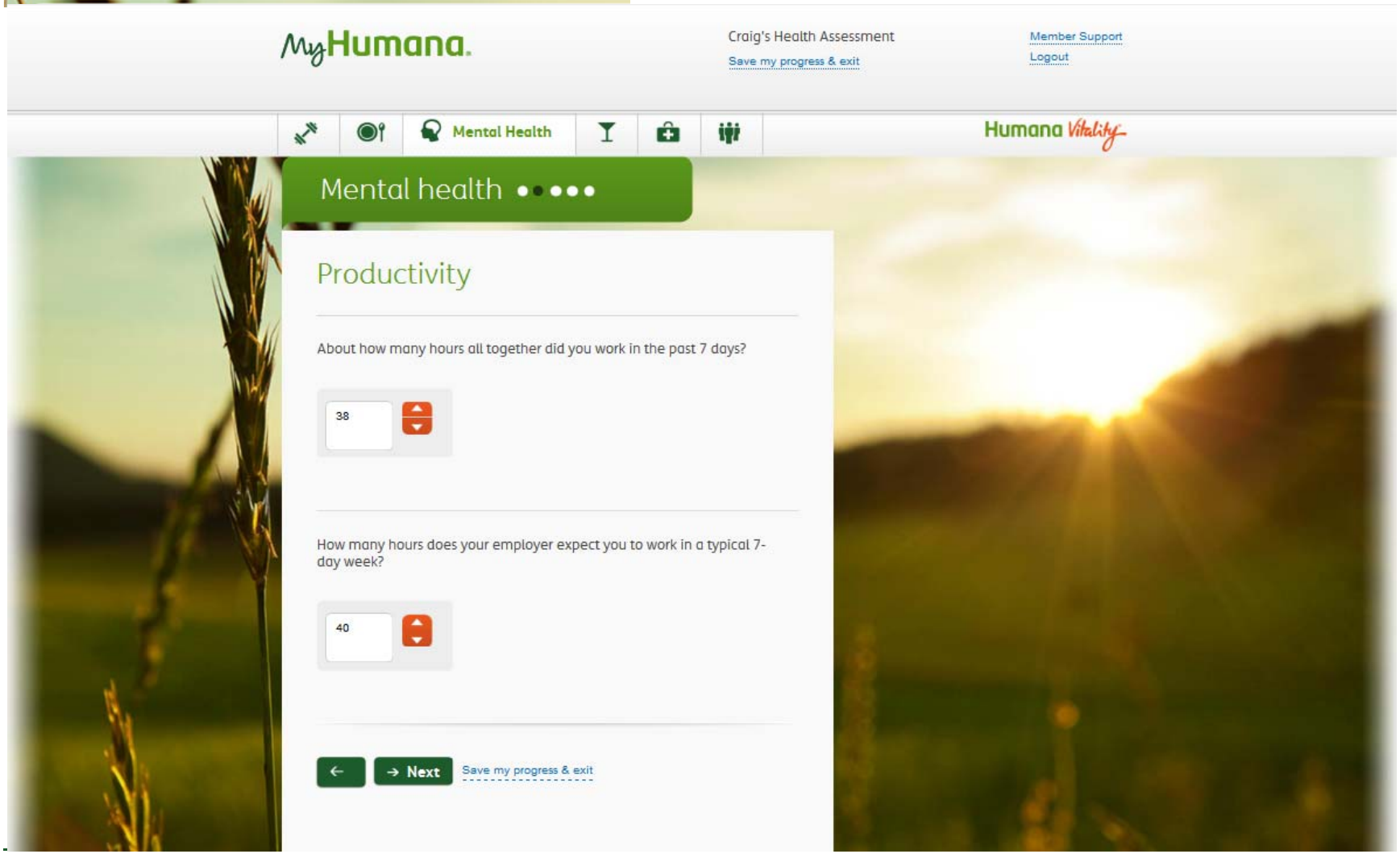


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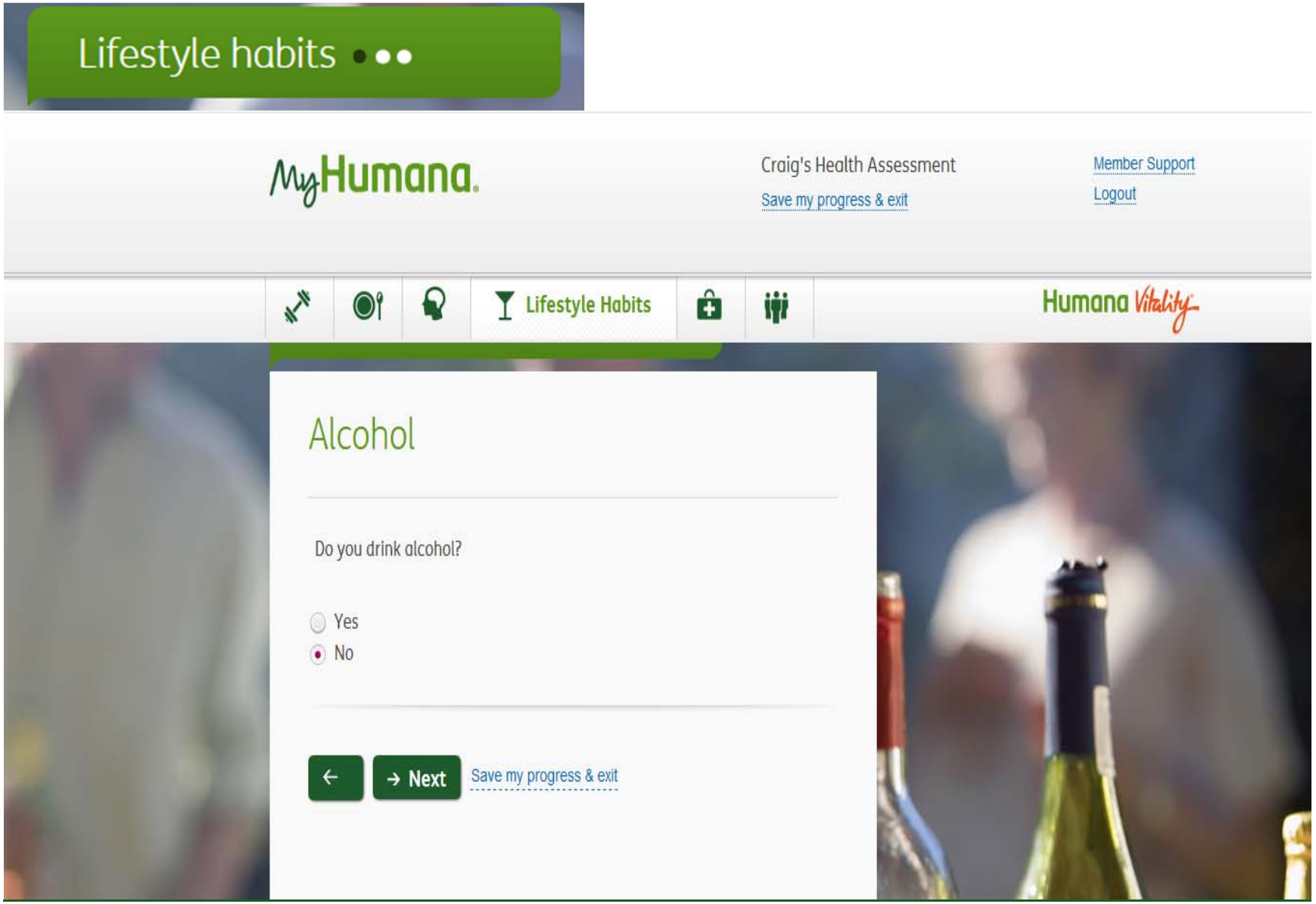
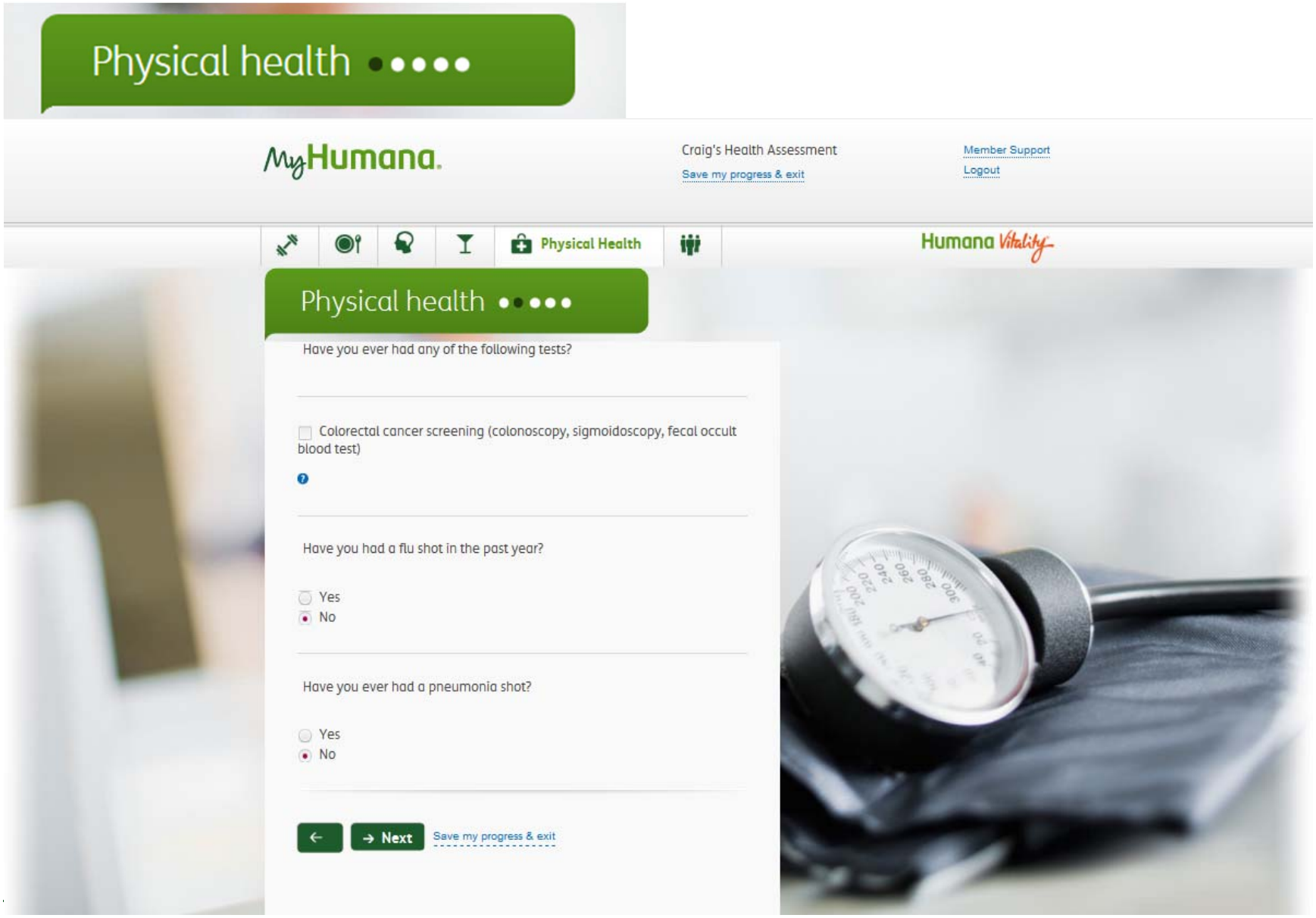
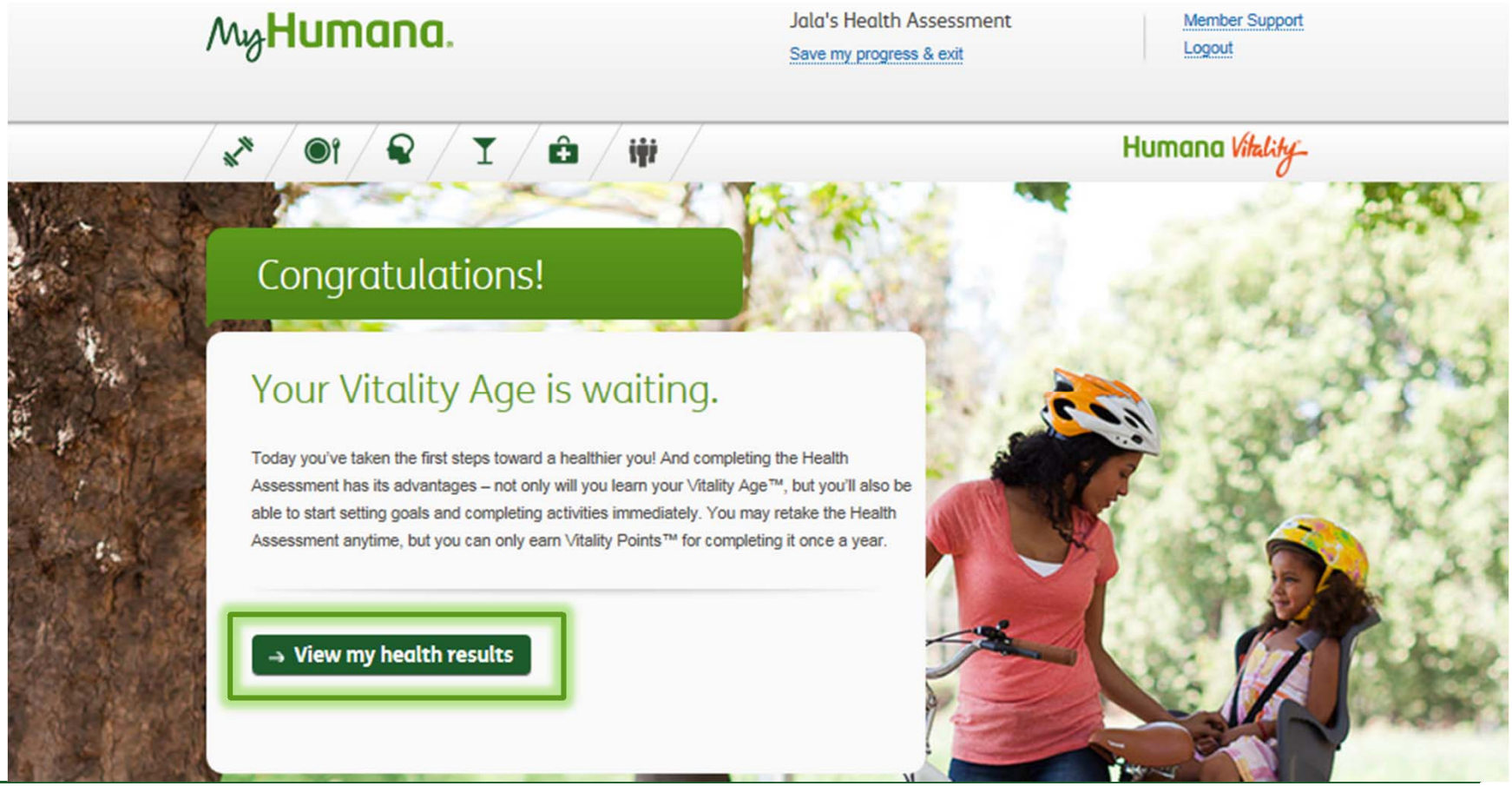



Humana Vitality



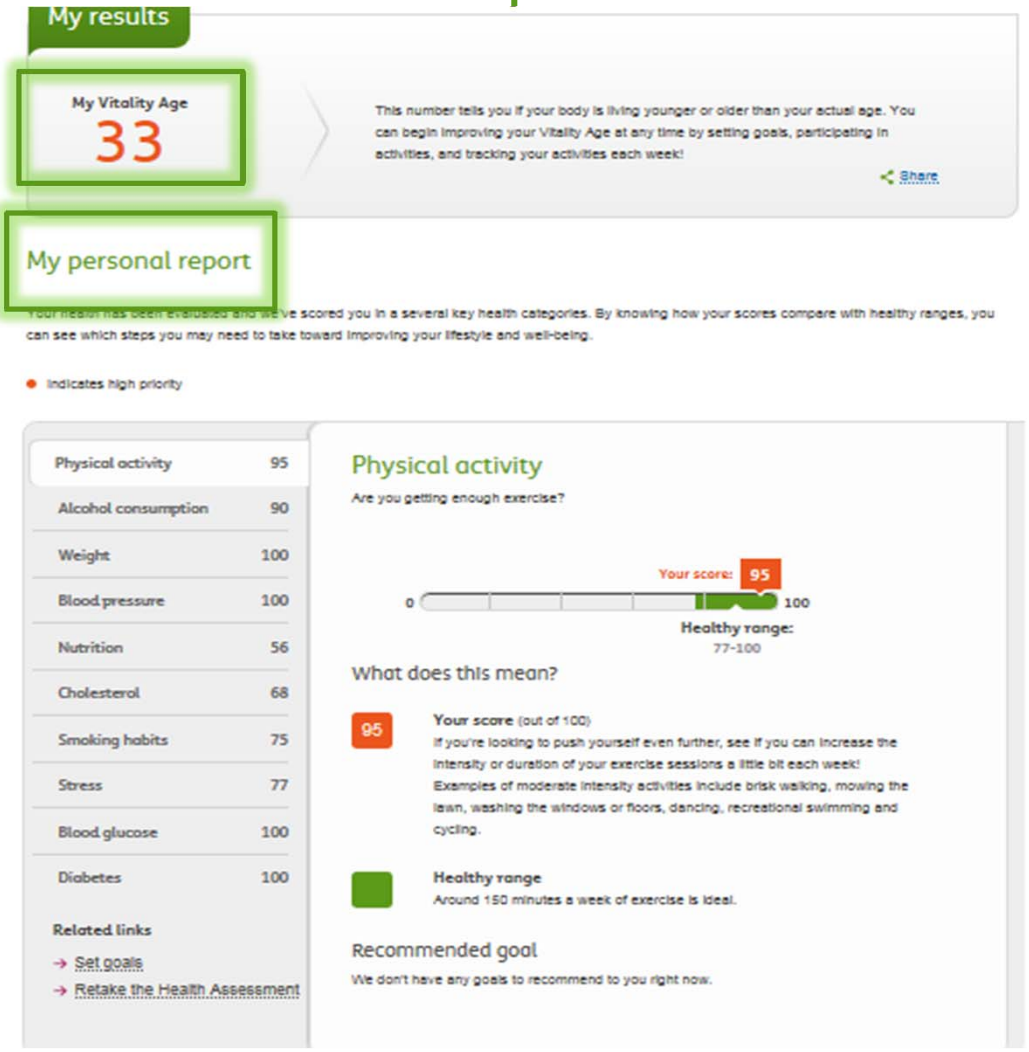

Humana Vitality

# Congratulations, you have completed your Health Assessment!  Click on “View my health results”.




Humana Vitality

# Receive your **Vitality Age™** and health results based on your Health Assessment responses.



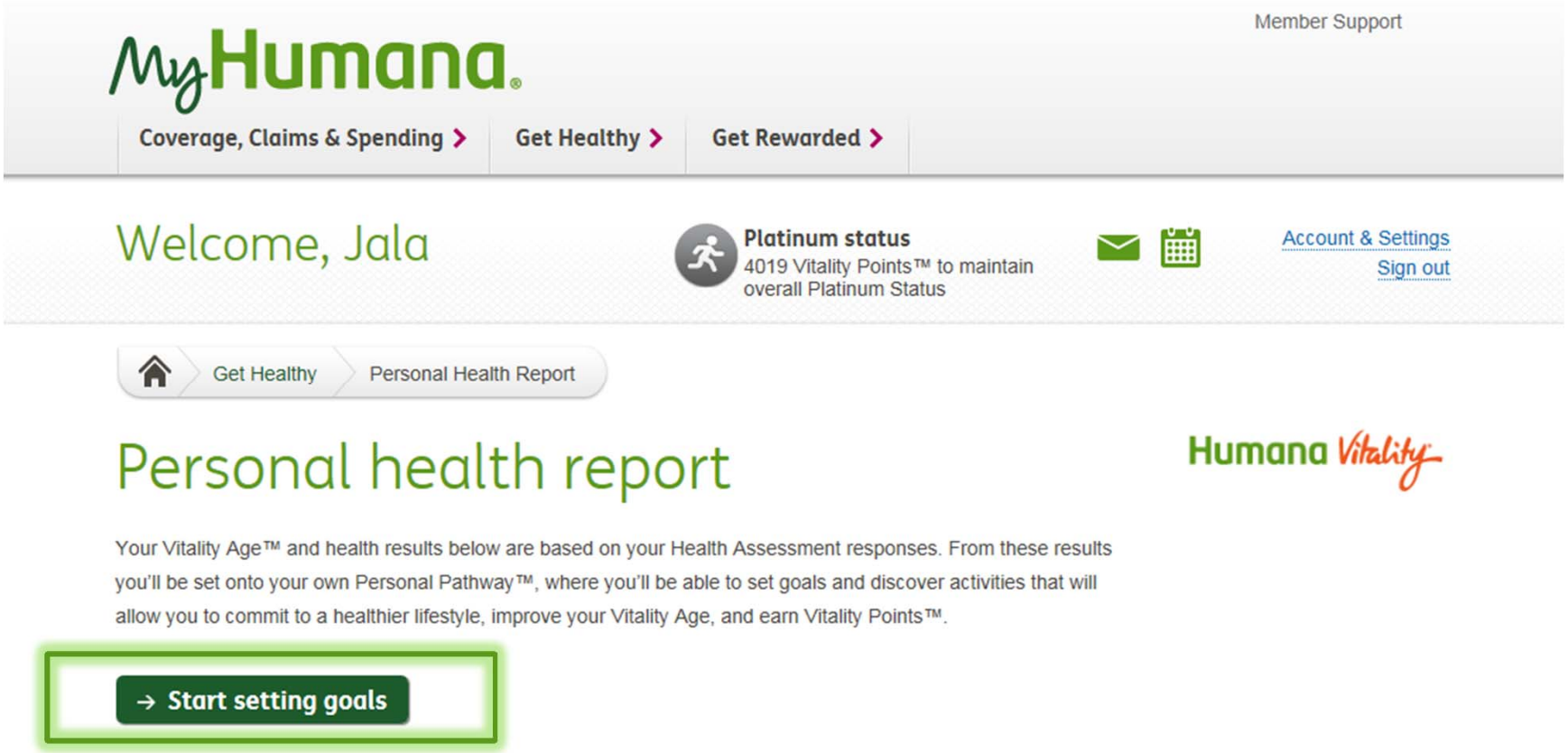

Humana Vitality

# Additional ways to engage and earn points in HumanaVitality

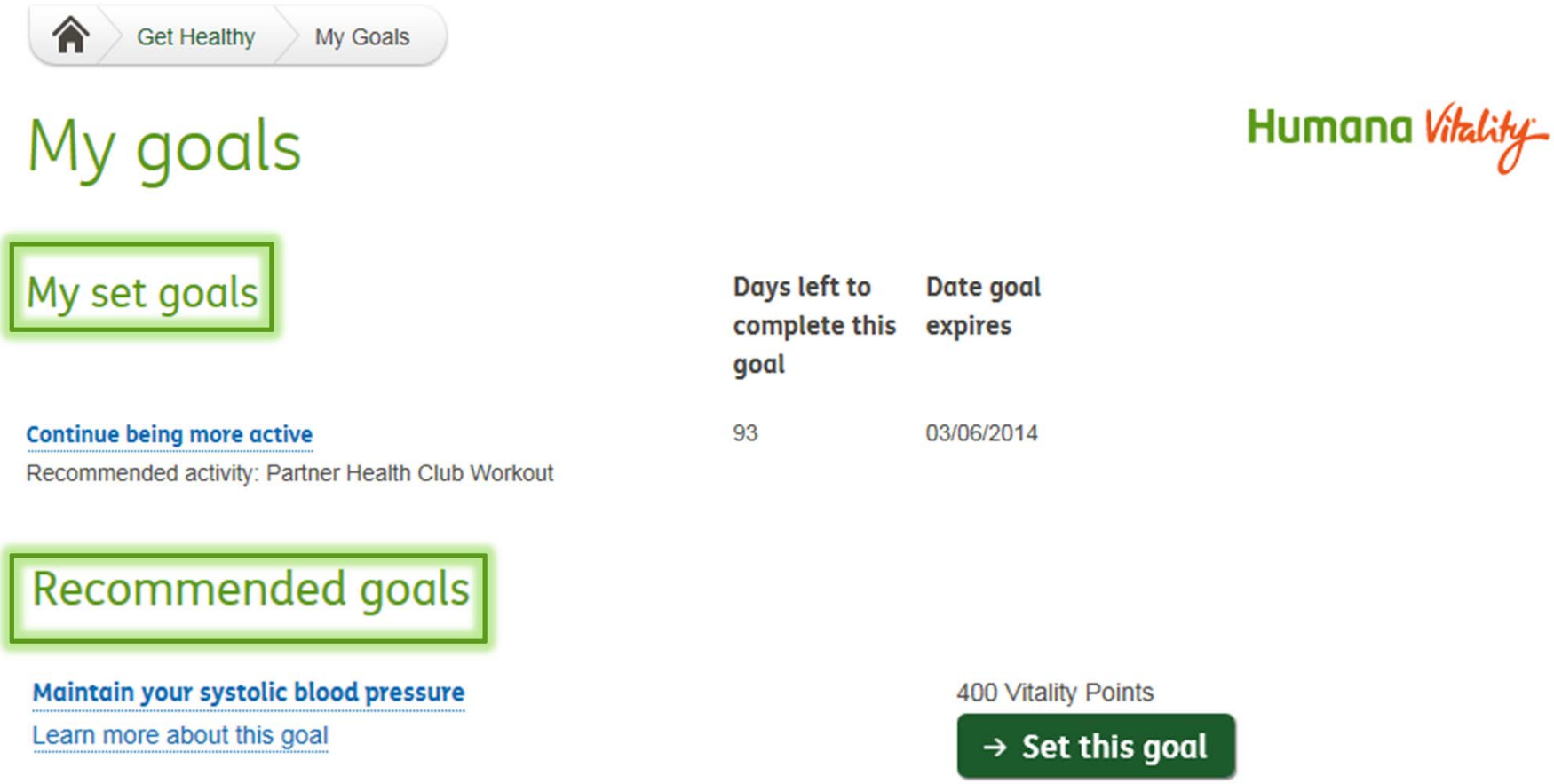
Humana Vitality

# Start Setting Goals

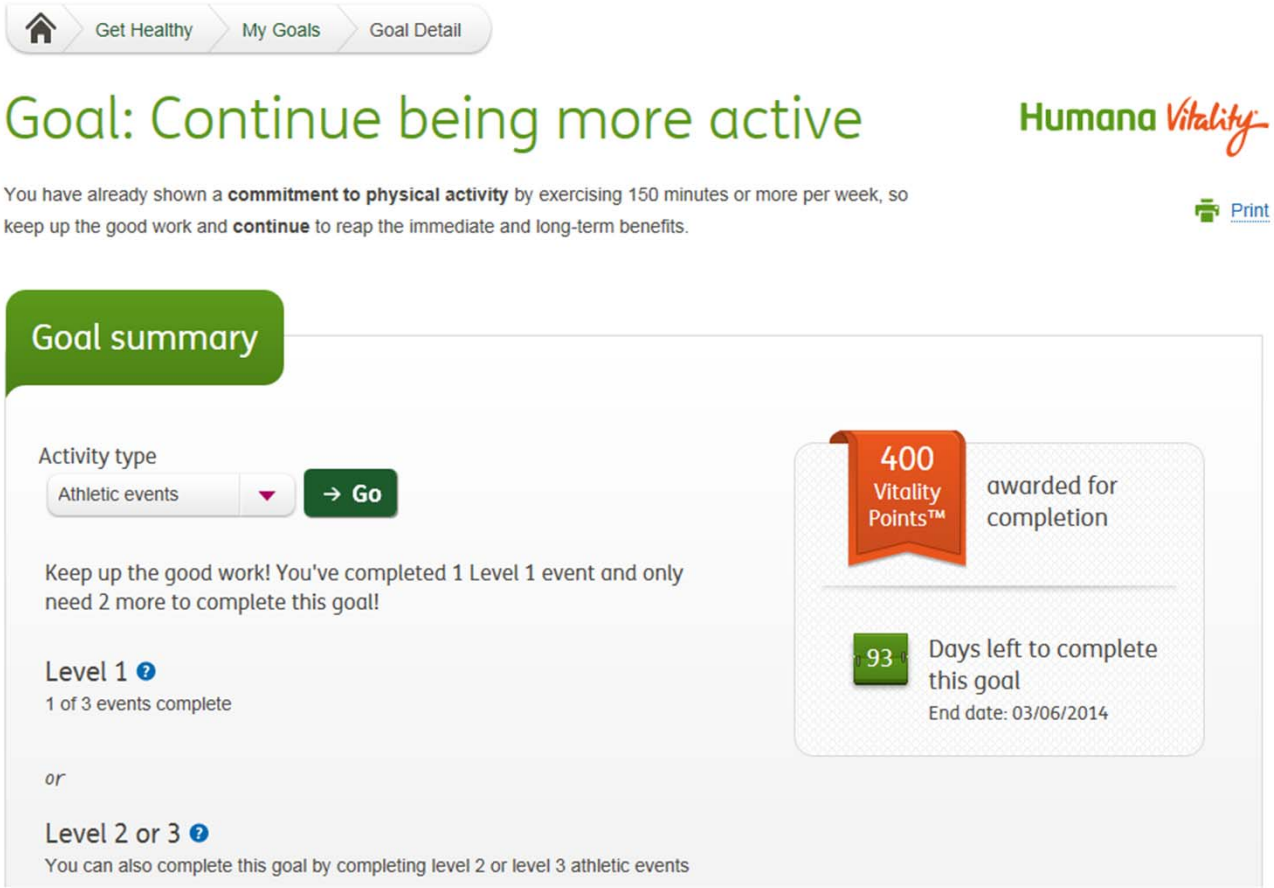
Based on your personal health results, HumanaVitality will recommend goals. Select the goals you want to work on and discover activities that will allow you to commit to a healthier lifestyle, improve your Vitality Age, and earn Vitality Points™.



# Goals are separated into “recommended” and “active” goals. Set the goals you are ready to attempt.

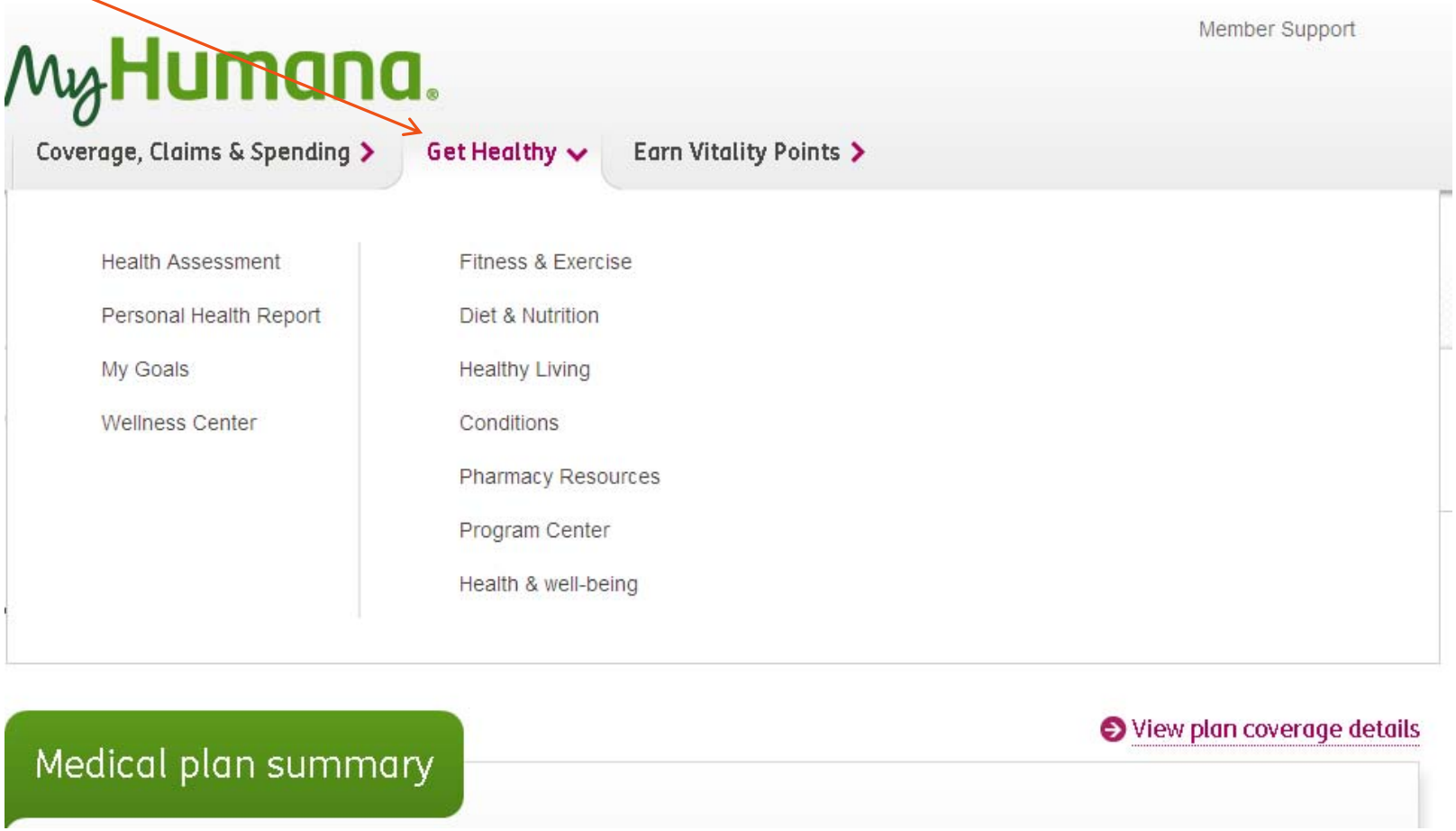


Once a goal is set you can return to the goal for activities to help you achieve the goal and see how many days you have to complete the goal.

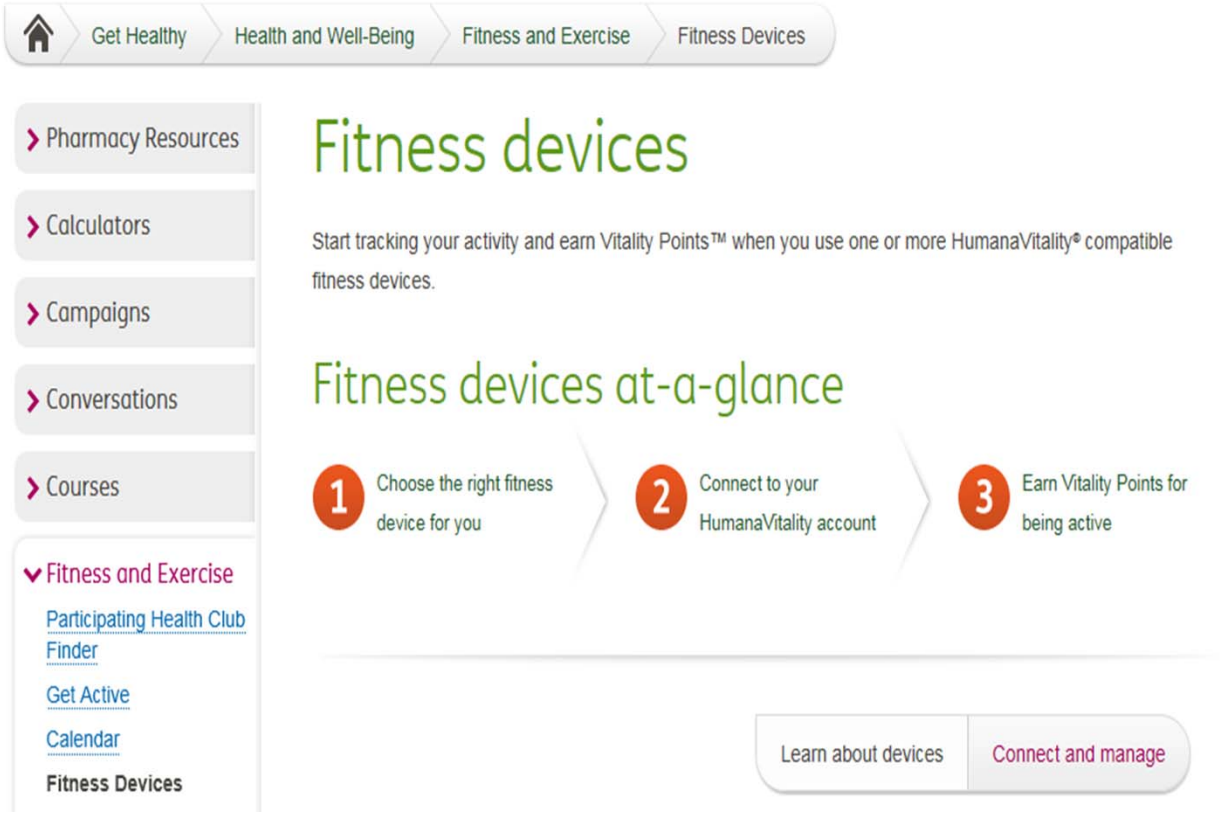


# HumanaVitality dashboard Tools

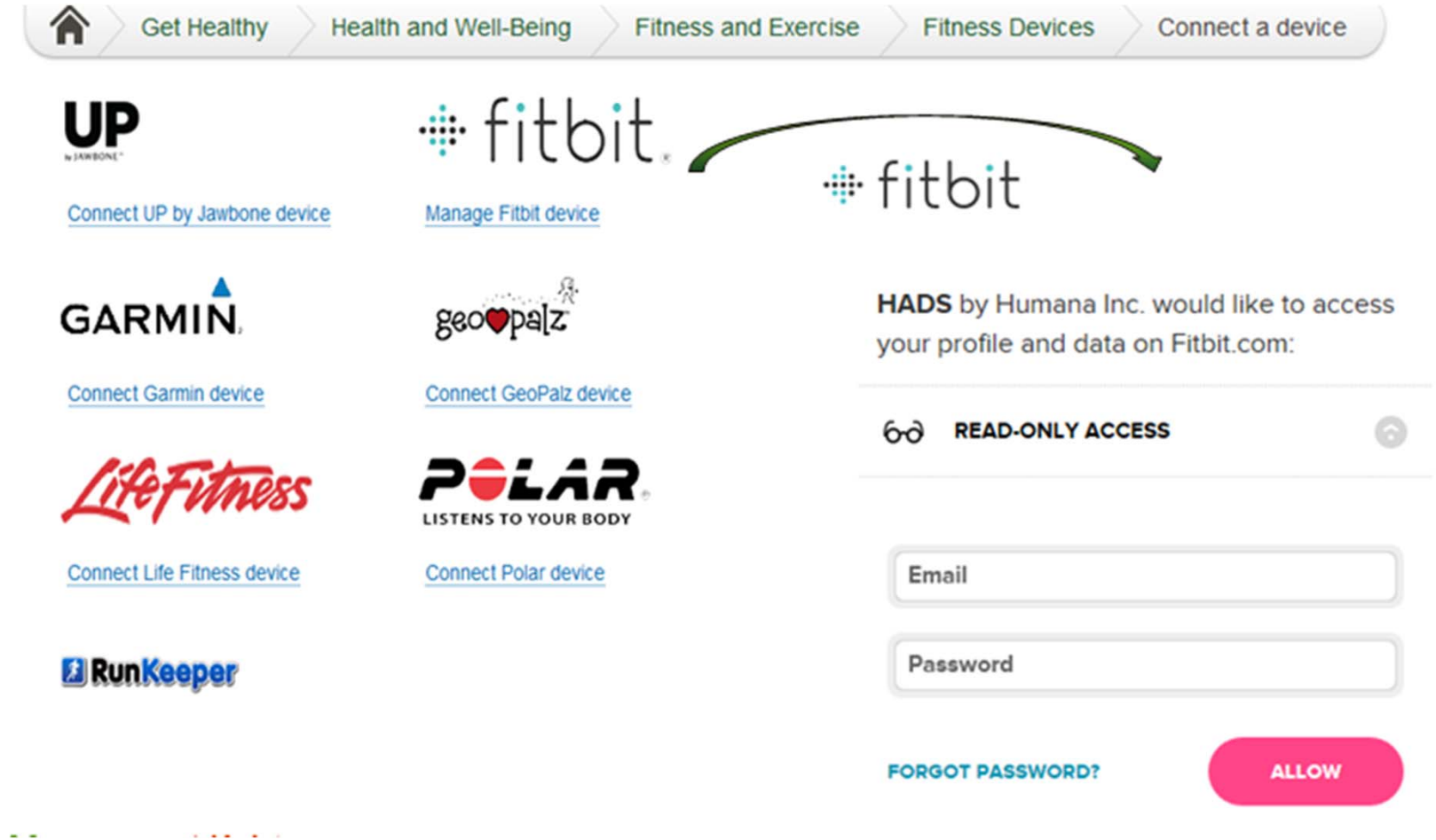
## Hover over Get Healthy tab for drop down menu to appear.



# HumanaVitality Fitness and Exercise



# Each device must be connected to HumanaVitality



# HealthyFood

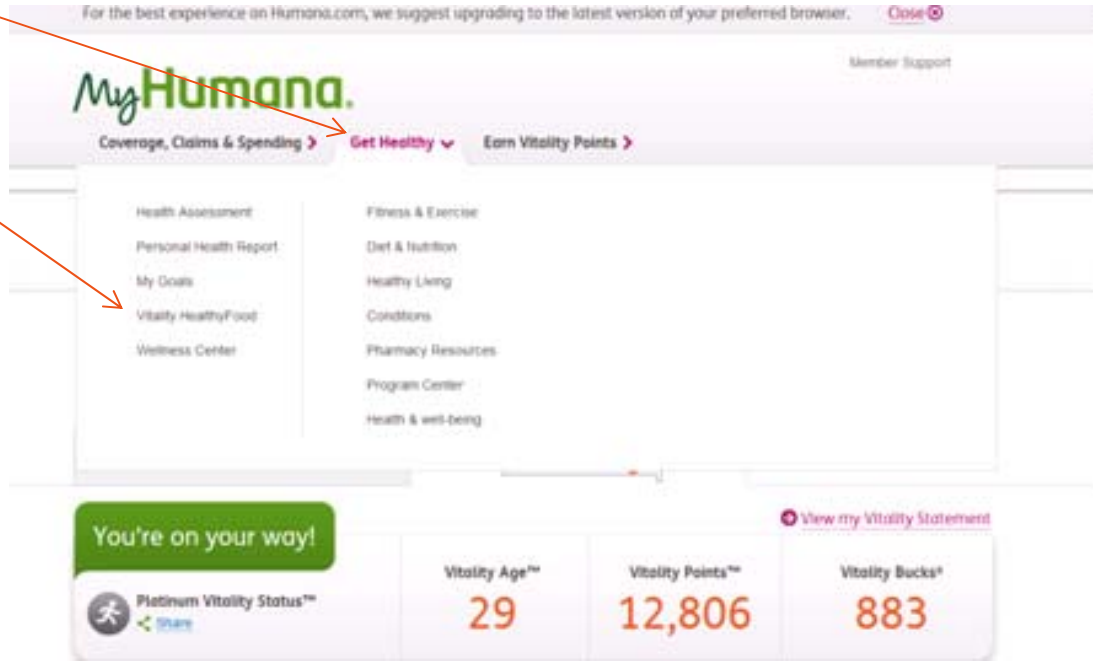
## Requesting your card

Saving 5% vs. 10%
on HealthyFood
during 2014

Humana Vitality

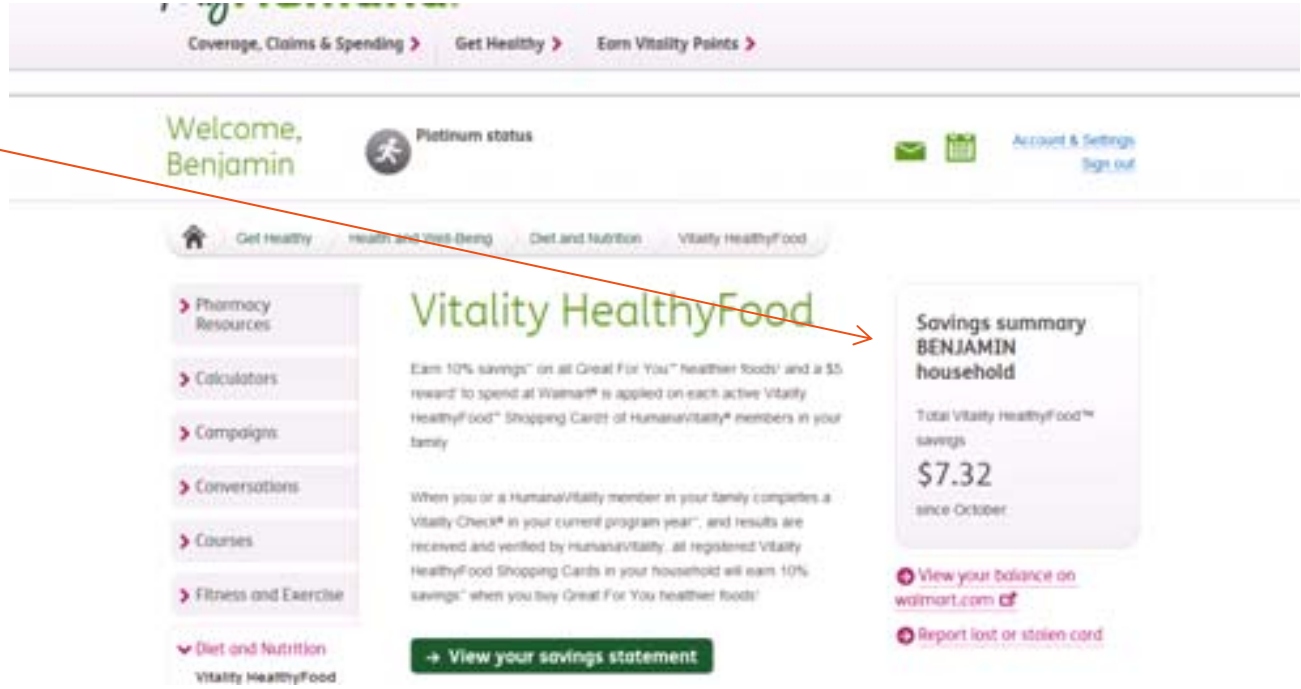
# HealthyFood

1. Hover over the Get Healthy Tab
2. Click on Vitality HealthyFood
3. Follow the steps to request your card



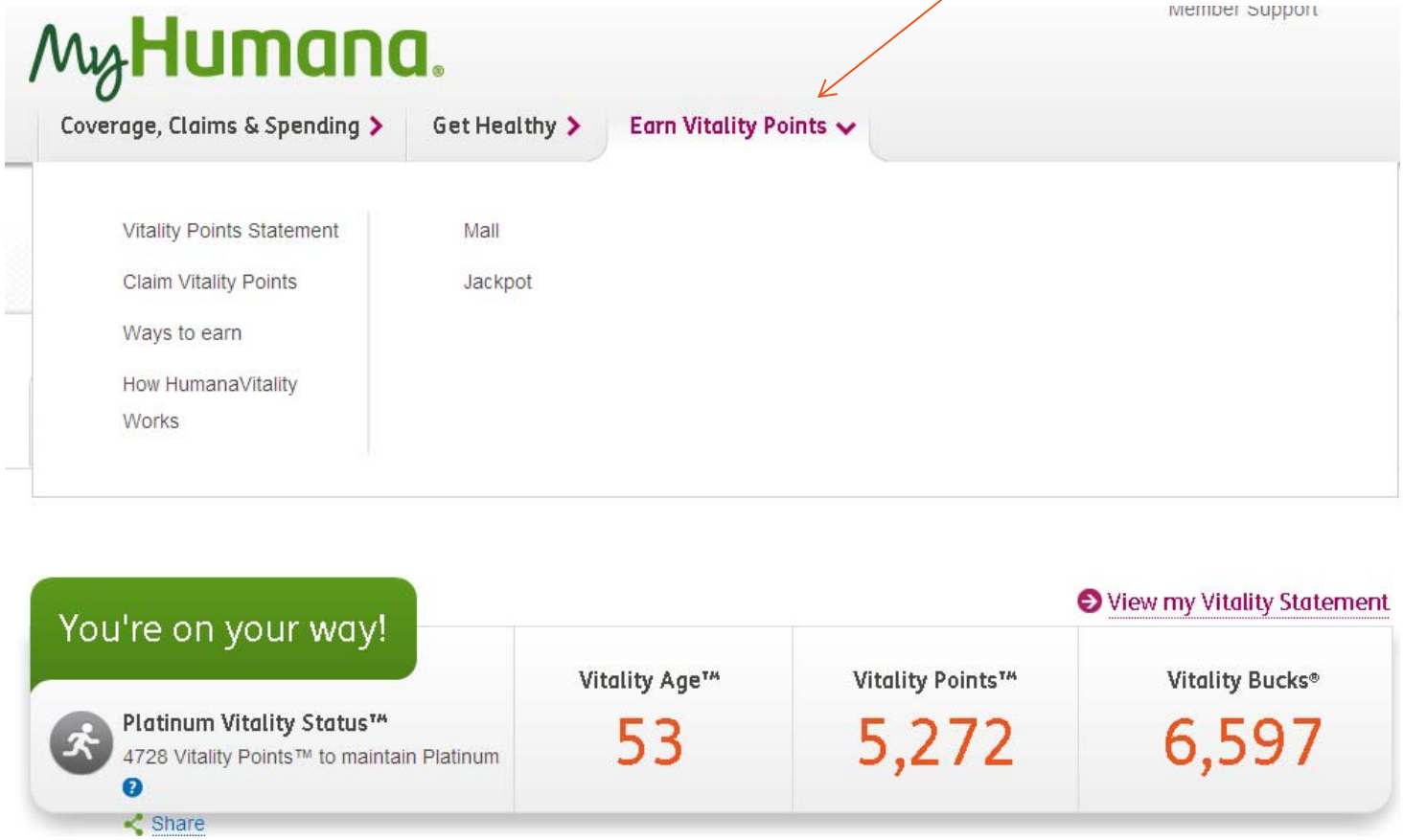
# HealthyFood

Keep track of your savings online.




Humana Vitality

# Locating the Rewards Mall and other tools. Hover over Earn Vitality Points and click on Mall or other item of interest to access the desired item.



# Questions

For additional LivingWell Promise Demos and Resources visit:
https://livingwell.ky.gov/Pages/default.aspx

Call Customer Service: 855-478-1623