



What is the Kentucky Employees' Health Plan (KEHP) LivingWell Promise?

If you chose one of the LivingWell plans, you agreed to:

1. Complete your online HumanaVitality® Health Assessment between January 1 and May 1, 2015
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2. Complete a Vitality Check (biometric screening) between January 1 and May 1, 2015

Complete a Vitality Check:

- A Vitality Check is a biometric screening that provides:
 - cholesterol,
 - blood glucose,
 - blood pressure,
 - Body Mass Index (BMI) calculated by height, weight and waist circumference) For more accurate results, fast for at least 9-12 hours prior to the test.
- HumanaVitality® rewards 2000 Vitality Bucks/Point for a Vitality Check.
 - (additional 2,000 Bucks for being in healthy ranges)
- *The Vitality Check increases your awareness of your health status. The results do not affect your health insurance coverage or premiums.*

Don't Forget to Bring:

1. HumanaVitality ID card
2. Appropriate printed voucher/paperwork with you to your screening appointment.

IMPORTANT:

- Only the planholder must complete the LivingWell Promise If you have a cross-reference payment option, you and your spouse must both complete the LivingWell Promise
- Maintain a copy of the paperwork you receive from your Vitality Check as your proof of LivingWell Promise completion.
- Fasting is strongly recommended but not required 9-12 hours before your screening (nothing to eat or drink besides water).
 - Some exceptions for fasting: People who have been diagnosed with diabetes mellitus or hypoglycemia, women who are pregnant and people taking prescription medicines that must be taken with food. If you decide not to fast, your screening results may not be accurate.



Where to Go:

<p>1. At a KEHP scheduled, select, onsite location — to be announced at a later date.</p> <ul style="list-style-type: none"> • Go to livingwell.ky.gov • Click on the Get a Vitality Check box • Use the map in the Vitality Check locator to find a location near you. 	<p>No cost to you The Vitality Check location will submit your results to HumanaVitality.</p>
<p>2. Through your local Health Department</p> <ul style="list-style-type: none"> • Go to livingwell.ky.gov to find a location and print the Health Department voucher • Make an appointment with your local Health Department via phone • Present your HumanaVitality ID card and Health Department voucher at the Health Department 	<p>No cost to you The health department locations will submit your results to HumanaVitality.</p>
<p>3. At a retail clinic (e.g. Krogers' Little Clinics, Walgreens' Take Care Clinics, Concentra)</p> <ul style="list-style-type: none"> • Go to livingwell.ky.gov • Click on the Get a Vitality Check box • Choose from the locations listed • Print the associated Vitality Check voucher • Present the voucher and your HumanaVitality ID card at the retail clinic 	<p>No cost to you The retail clinic location will submit your results to HumanaVitality.</p>
<p>4. At your Primary Care Physician (PCP)</p> <ul style="list-style-type: none"> • Go to livingwell.ky.gov • Click on the Get a Vitality Check box • Click on the "primary care physician" tab • Print a copy of the "PCP Vitality Check Voucher" located at livingwell.ky.gov • Send the completed form as indicated to: <ul style="list-style-type: none"> ○ Online: Login to your HumanaVitality dashboard and click the or My Messages link ○ Or Fax: 1-877-250-7814 ○ Or Mail: HumanaVitality, P.O. Box 14613, Lexington, KY 40512-4613 	<p>Preventive Services are at no cost to you if you use an in-network provider; however, there may be a charge if your provider submits the claim other than preventive services.</p>
<p>5. Frankfort Based, State Agency Employees ONLY: At your local First Onsite Clinic</p> <ul style="list-style-type: none"> • Visit www.firstonsitefrankfort.com to find the phone number and schedule an appointment at the location of your preference. • Present your HumanaVitality ID card at First Onsite 	<p>No cost to you First Onsite will submit your results to HumanaVitality.</p>