



HumanaVitality®

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



Humana Vitality®



Register Your HumanaVitality Account



Click “Sign in or Register”



Individuals & Families

Employers

Agents & Brokers

Providers

Investor Relations Customer Support

Español

Search

Individuals & Families >

Medicare >

Insurance Through Your Employer >

Sign in or Register >

Set goals, achieve, and earn

Your Personal Pathway™ will help you achieve goals on your way to greater well-being. Find out your Vitality Age® and begin earning Vitality Points™ by doing things like getting active, learning about nutrition, and quitting smoking.

➔ [Set your goals to start earning](#)



1 2 3 ||



1. Already Registered: Sign in with User Name and Password.
2. Need to Register? Click on “Register Now”

The screenshot shows the top navigation bar with links for "Individuals & Families", "Employers", "Agents & Brokers", and "Providers". Below this is a secondary navigation bar with "Investor Relations", "Customer Support", and "Español", along with a search box. A dark banner on the left says "Also known as User ID". The main login area features a green box containing "Username" and "Password" input fields, a "→ Sign in" button with a lock icon, and links for "Forgot your username?" and "Forgot your password?". To the right, separated by an "OR" symbol, is a green box with the text "Register now as a new user". Below the login area is a horizontal menu with "Individuals & Families", "Medicare", and "Insurance Through Your Employer", and a "Close" button with an upward arrow.

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Register: Click on the “member” box

Refer to the Registration Helpful Hints on the next page for common registration questions.

Individuals & Families >

Medicare >

Insurance Through Your Employer >

Registration

Start here to register for access

Already Registered?

[→ Sign in](#)

Select your registration type

Member	<h3>Why Register?</h3> <p>Once you've registered, you can:</p> <ul style="list-style-type: none">• Find doctors, hospitals and other providers• Check claims• See how much you have spent on healthcare and get cost estimates• Review your benefits• Get started with HumanaVitality®1 <p> Learn More About Benefits of Registration (390 KB)</p> <p>→ Get Started</p> <p>Kentucky Medicaid members register here</p>
Provider	
Dentist	
Pharmacist	
Employer	
Agent/broker or agency	



Click on “all other members”, enter personal information, and click “continue”.

Registration

Member information

Enter your identifying information to access MyHumana, where you can find coverages, claims, and more.

*Required

Medicare Medicaid **All other members**

* Member ID number [?](#) Social security number [?](#)

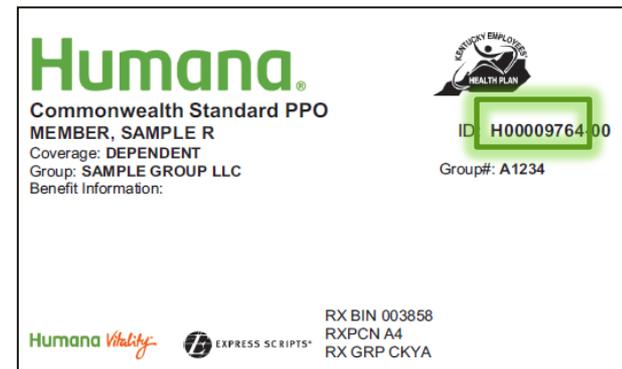
 or

* Date of birth

* ZIP code

*By continuing, I agree to the Humana [Online Services and Humana Web Confidentiality Agreement](#)

→ Continue [Cancel](#)



- Your 9-digit member ID will look like this H12345678. The second character following the H in the member is a number and not a letter. (i.e. 0 and not o).
- Enter the date of birth with all eight digits (i.e. 10/01/1987).
- Zip code must match the home zip code currently on file with Humana. If you have recently moved and your new zip code is not being accepted, try using the old one.



Create a Username/Password

Registration

Username and password

* Required

* Email

* Confirm email

* Create username

(6 to 15 letters and/or numbers, no spaces or special characters, not your member ID)

* Password

Min 8 character, 1 number, case-sensitive

* Confirm password

* Security question

* Security response

Username requirements:

- 6 to 15 characters (letters and/or numbers)
- No spaces or special characters
- Do not use your member ID or Social Security Number

Password requirements:

- Minimum of 8 characters
- Must include at least 1 number
- Case sensitive

Agree to the website terms by clicking “I agree”.

Sign in

Review terms of use

character whatsoever with regard to the service.

Privacy Policy

Any information You submit through the Service or while using the Service, and any information collected about Your use of the Service by Humana, will be subject to [Humana's Privacy Policy](#). Please note, however, that all information you submit or disclose while using the Service will be provided to Humana. You specifically consent to this disclosure to Humana when you click the "I Agree" button below and/or when You use the Service.

For More Information

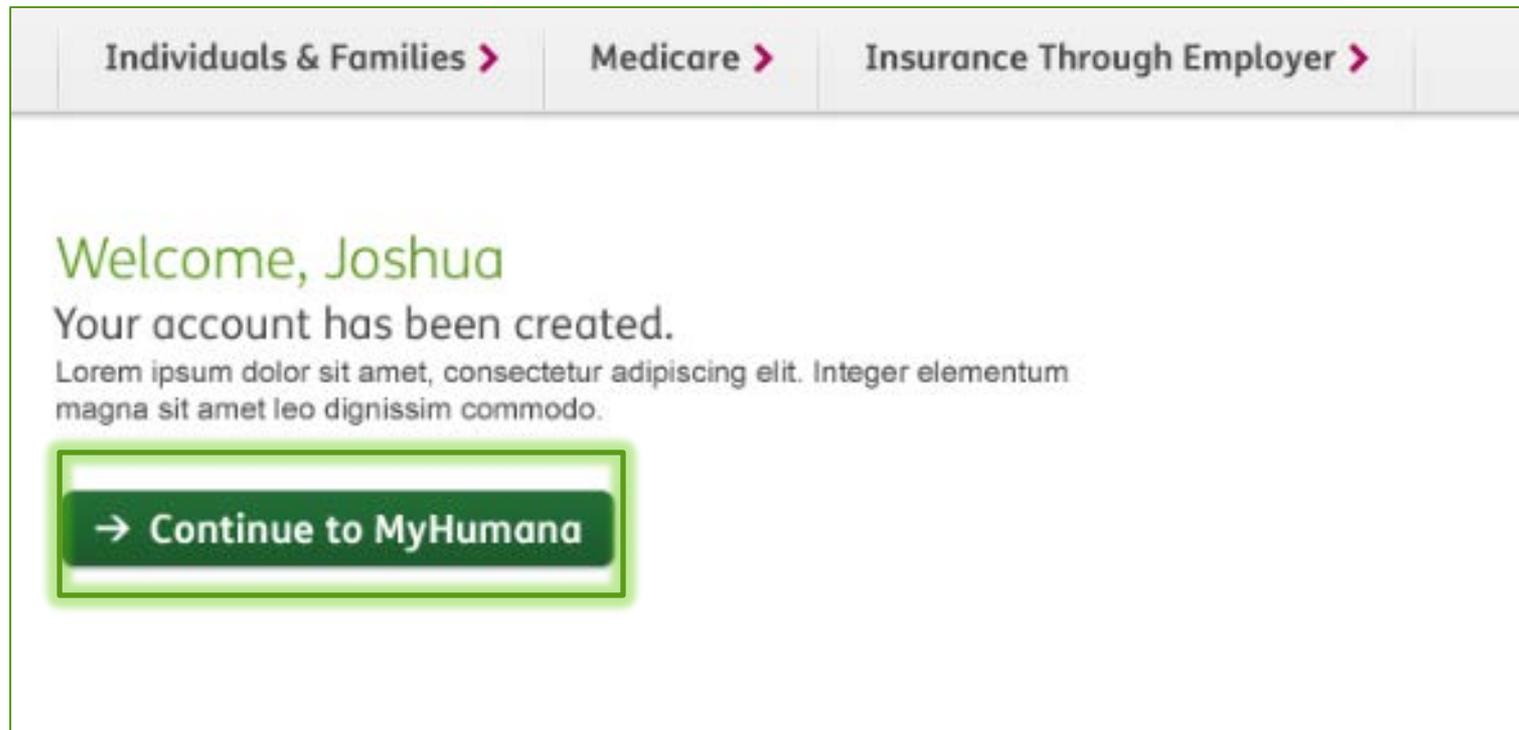
The Humana Inc. Web site is maintained by Humana Inc., 500 W. Main Street, Louisville, KY 40202.

[Print](#)

[→ I agree](#) [Deny terms](#)

Humana

Congratulations! Your account has been created. Click “Continue to MyHumana”.



Take Your Health Assessment

Humana *Vitality*

Sign in

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

Also known as User ID

Individuals & Families Employers Agents & Brokers Providers

Investor Relations Customer Support Español Search

Username Password

→ Sign in

[Forgot your username?](#) [Forgot your password?](#)

OR [Register now as a new user](#)

Individuals & Families > Medicare > Insurance Through Your Employer > Close ^

Set goals, achieve, and earn

Your Personal Pathway™ will help you achieve goals on your way to greater well-being. Find out your Vitality Age® and begin earning Vitality Points™ by doing things like getting active, learning about nutrition, and quitting smoking.



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.

The screenshot shows the My Humana dashboard interface. At the top, the logo "My Humana." is on the left, and "Member Support" is on the right. Below the logo are three navigation tabs: "Coverage, Claims & Spending >", "Get Healthy >", and "Earn Vitality Points >". The "Get Healthy" tab is active. A welcome message "Welcome, Matthew" is displayed on the left. In the center, a green-bordered box highlights a button that says "Get healthy and earn rewards" with a person icon and the text "Take the HumanaVitality Health Assessment". To the right of this are icons for email and calendar, and links for "Account & Settings" and "Sign out". Below this is an "Alerts (1)" section, also highlighted with a green border, containing the text "Take the Health Assessment and start earning!" and a "Get started" link. The main content area has a "Coverage & claims" tab on the left and the "Humana Vitality" logo on the right. A video player is embedded, showing a person icon and the text "MEET STEVE 28". Below the video player is a "View on YouTube" link. To the right of the video player, the text "Living healthy has its rewards" is followed by a paragraph: "You've already taken the first step by starting your Health Assessment. Finish it today and out your Vitality Age™, which tells you if your body is living younger or older than your actual age. Then we'll help you set goals and recommend activities that can lead to both a healthier lifestyle and great rewards like gift cards, movie tickets, fitness gear, and more!". A green-bordered button with the text "→ Complete your Health Assessment" is located at the bottom right of the video player area.

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.

Home Get Healthy Health Assessment Information

Your Health Assessment

Get started on your path to living well

Your Vitality Age™ is the measure of how your body has aged based on your lifestyle. Take a few minutes to answer a series of questions about your physical health, eating habits, exercise patterns, general lifestyle, and mental health in order to help us determine your current Vitality Age. Your answers will not affect your coverage, benefits, or premiums.

Completion of your Health Assessment indicates that you agree with HumanaVitality's [Notice of Privacy Practices](#).

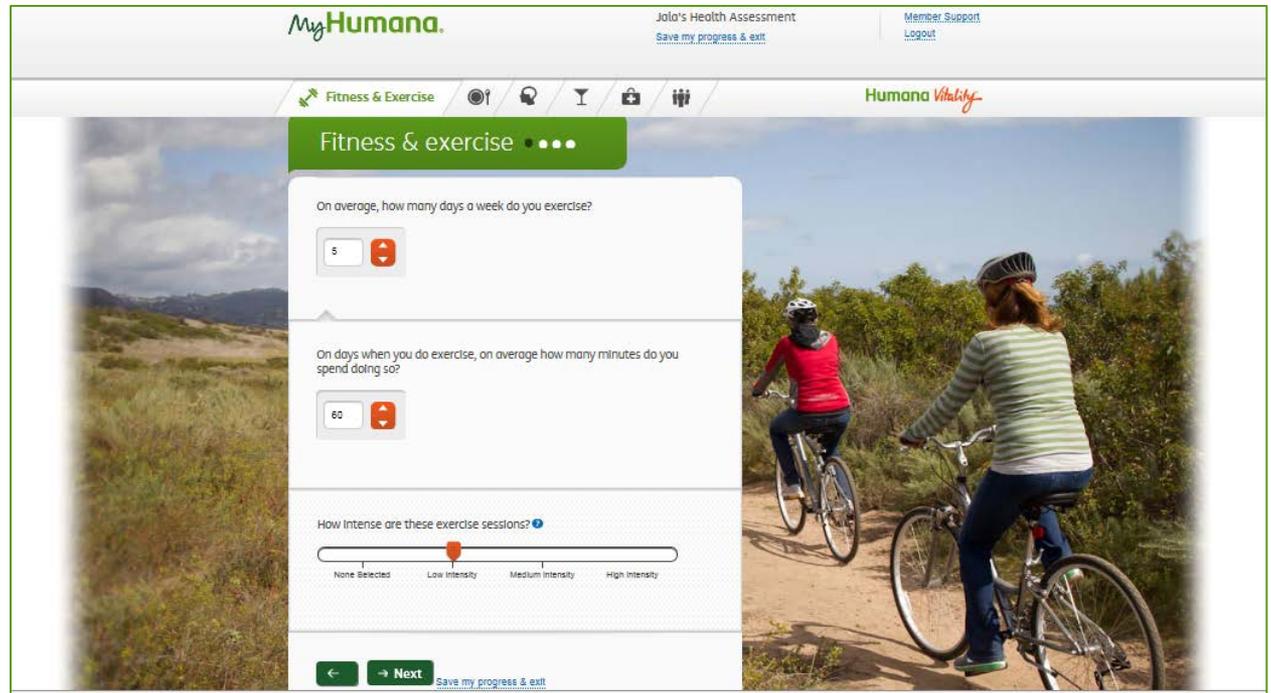
27 Your current age 41 Your Vitality Age

[→ Get started](#)

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.

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.



The screenshot displays the 'MyHumana' Health Assessment interface. At the top, the 'MyHumana' logo is on the left, and 'Jola's Health Assessment' with a 'Save my progress & exit' link is on the right. A 'Member Support' section with a 'Logout' link is also visible. Below the header is a navigation bar with icons for 'Fitness & Exercise', a camera, a headset, a glass, a briefcase, and a person. The 'Humana Vitality' logo is on the right side of the navigation bar. The main content area is titled 'Fitness & exercise' and contains three questions:

- On average, how many days a week do you exercise?**
A numeric input field shows the value '5' with a red minus button to its left and a red plus button to its right.
- On days when you do exercise, on average how many minutes do you spend doing so?**
A numeric input field shows the value '60' with a red minus button to its left and a red plus button to its right.
- How Intense are these exercise sessions?**
A horizontal slider scale with four markers: 'None Selected', 'Low Intensity', 'Medium Intensity', and 'High Intensity'. The slider is positioned between 'Low Intensity' and 'Medium Intensity'.

At the bottom of the form, there are navigation buttons: a left arrow, a 'Next' button with a right arrow, and a 'Save my progress & exit' link.



Fitness & exercise ●●●●

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? 



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



→ Next

[Save my progress & exit](#)



Humana Vitality

Eating habits ●●●

MyHumana.

Craig's Health Assessment
[Save my progress & exit](#)

[Member Support](#)
[Logout](#)



Eating Habits



Humana Vitality

Eating habits ●●●

How often do you add butter, stick margarine, cream, and/or gravy to your food after cooking? [?](#)



Between cooking and adding to meals for taste, how much salt would you say you consume in an average day?

A pinch or less

How often do you eat salty foods such as snacks, packet soups, soy sauce, etc.? [?](#)



→ Next

[Save my progress & exit](#)

Humana Vitality

Mental health ●●●●●

MyHumana.

Craig's Health Assessment

[Save my progress & exit](#)

[Member Support](#)

[Logout](#)



Mental Health



Humana Vitality

Mental health ●●●●●

Productivity

About how many hours all together did you work in the past 7 days?

How many hours does your employer expect you to work in a typical 7-day week?

→ Next

[Save my progress & exit](#)

Humana Vitality

Lifestyle habits ● ● ●

MyHumana.

Craig's Health Assessment

[Member Support](#)

[Save my progress & exit](#)

[Logout](#)



Lifestyle Habits



Humana Vitality

Alcohol

Do you drink alcohol?

Yes

No



→ Next

[Save my progress & exit](#)

Humana Vitality

Physical health ●●●●●

MyHumana.

Craig's Health Assessment

[Save my progress & exit](#)

[Member Support](#)

[Logout](#)



Physical Health



Humana Vitality

Physical health ●●●●●

Have you ever had any of the following tests?

Colorectal cancer screening (colonoscopy, sigmoidoscopy, fecal occult blood test)



Have you had a flu shot in the past year?

Yes
 No

Have you ever had a pneumonia shot?

Yes
 No



→ Next

[Save my progress & exit](#)



Humana Vitality

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

The screenshot shows the MyHumana website interface. At the top left is the MyHumana logo. To the right, there are links for "Jala's Health Assessment", "Save my progress & exit", "Member Support", and "Logout". Below the navigation bar is a row of icons representing various health and wellness categories: a dumbbell, a plate with a fork and knife, a head with a brain, a glass, a first aid kit, and a group of people. The main content area features a large green banner with the text "Congratulations!" and a white box containing the message "Your Vitality Age is waiting." followed by a paragraph of text and a prominent green button labeled "View my health results". The background of the page is a photograph of a woman and a child wearing helmets and riding bicycles outdoors.

MyHumana.

Jala's Health Assessment
[Save my progress & exit](#)

[Member Support](#)
[Logout](#)

Humana Vitality

Congratulations!

Your Vitality Age is waiting.

Today you've taken the first steps toward a healthier you! And completing the Health Assessment has its advantages – not only will you learn your Vitality Age™, but you'll also be able to start setting goals and completing activities immediately. You may retake the Health Assessment anytime, but you can only earn Vitality Points™ for completing it once a year.

[→ View my health results](#)

Humana Vitality

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

My results

My Vitality Age
33

This number tells you if your body is living younger or older than your actual age. You can begin improving your Vitality Age at any time by setting goals, participating in activities, and tracking your activities each week!

[Share](#)

My personal report

Your health has been analyzed and we've scored you in several key health categories. By knowing how your scores compare with healthy ranges, you can see which steps you may need to take toward improving your lifestyle and well-being.

● Indicates high priority

Physical activity	95
Alcohol consumption	90
Weight	100
Blood pressure	100
Nutrition	56
Cholesterol	68
Smoking habits	75
Stress	77
Blood glucose	100
Diabetes	100

Physical activity

Are you getting enough exercise?

Your score: **95**

Healthy range: 77-100

What does this mean?

95 **Your score** (out of 100)
If you're looking to push yourself even further, see if you can increase the intensity or duration of your exercise sessions a little bit each week! Examples of moderate intensity activities include brisk walking, mowing the lawn, washing the windows or floors, dancing, recreational swimming and cycling.

Healthy range
Around 150 minutes a week of exercise is ideal.

Recommended goal
We don't have any goals to recommend to you right now.

Related links

- [Set goals](#)
- [Retake the Health Assessment](#)

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™.

Member Support

MyHumana.

Coverage, Claims & Spending > Get Healthy > Get Rewarded >

Welcome, Jala

Platinum status
4019 Vitality Points™ to maintain overall Platinum Status

[Account & Settings](#)
[Sign out](#)

Get Healthy > Personal Health Report

Personal health report

Your Vitality Age™ and health results below are based on your Health Assessment responses. From these results you'll be set onto your own Personal Pathway™, where you'll be able to set goals and discover activities that will allow you to commit to a healthier lifestyle, improve your Vitality Age, and earn Vitality Points™.

[→ Start setting goals](#)



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



Get Healthy

My Goals

My goals

Humana *Vitality*

My set goals

[Continue being more active](#)

Recommended activity: Partner Health Club Workout

Days left to
complete this
goal

93

Date goal
expires

03/06/2014

Recommended goals

[Maintain your systolic blood pressure](#)

[Learn more about this goal](#)

400 Vitality Points

→ Set this goal

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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.

Home > Get Healthy > My Goals > Goal Detail

Goal: Continue being more active

Humana Vitality

You have already shown a **commitment to physical activity** by exercising 150 minutes or more per week, so keep up the good work and **continue** to reap the immediate and long-term benefits. [Print](#)

Goal summary

Activity type
Athletic events ▼ [→ Go](#)

Keep up the good work! You've completed 1 Level 1 event and only need 2 more to complete this goal!

Level 1 ⓘ
1 of 3 events complete

or

Level 2 or 3 ⓘ
You can also complete this goal by completing level 2 or level 3 athletic events

400 Vitality Points™ awarded for completion

93 Days left to complete this goal
End date: 03/06/2014

Questions and Help

- Contact your Insurance Coordinator
- Contact HumanaVitality Customer Service by calling the number on the back of your card, or send a secure email using the “Contact Us” button on the HumanaVitality portal.