

Vitality StatusSM

The more you do to stay healthy, the more Vitality Points you can earn, and when you have other members of your household enrolled in HumanaVitality, their healthy activities can count toward Vitality Points too. The more Vitality Points you earn, the higher your Vitality Status, giving you more Vitality Bucks® to spend at the HumanaVitality Mall as well as opportunities for discounts up to 40 percent on your purchases.

Below is a breakdown of the number of Vitality Points needed to reach each Vitality Status.

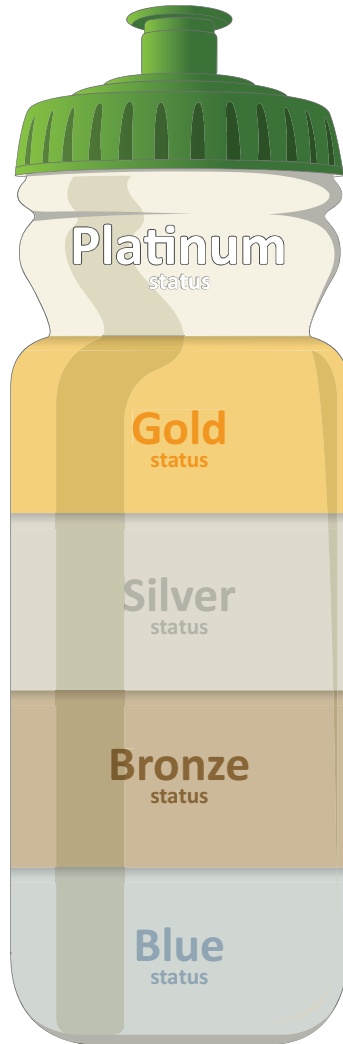
Vitality Status	Number of Vitality Points required for one adult	For each additional adult age 18+ the following number of additional Vitality Points are required*
Blue	Starting Vitality Status	
Bronze	Any adult member Health Assessment completion	
Silver	5,000	3,000
Gold	8,000	4,000
Platinum	10,000	5,000

*Applies to additional dependents on your plan, such as your spouse and/or children who are age 18+

A suggested path to Silver Status. While you can choose any qualified activity, we've provided some of the most popular to help you improve your status.

Individual	
Activity During Year	Points Earned
Health Assessment (HA)	500
Bonus - HA completed within the first 90 days	250
First Step HA*	500
Vitality Check® completion	2,000
Vitality Check® in-range results	
BMI (Body Mass Index)	800
Blood pressure	400
Blood glucose level	400
Cholesterol level	400
Silver Points level (5,000 points)	5,250

* 500-point limit for First Step HA over the life of membership



Family (two adults, one child. Assumes both adults complete Health Assessment)	
Activity During Year	Points Earned
Health Assessment (x2)	1,000
Bonus - HA completed within the first 90 days (x2)	500
First Step HA* (x2)	1,000
Vitality Check® completion (x1)	2,000
Vitality Check® in-range results (x1)	
BMI (Body Mass Index)	800
Blood pressure	400
Blood glucose level	400
Cholesterol level	400
Complete 5K run/walk	250
Two workouts per week for 12 weeks (15pts*24)	360
Bonus - 15 pts for 1st workout of week	180
Kids Health Assessment	200
Kids preventive care visit	200
Kids flu shot	100
Kids Sports league	100
CPR certification	125
Silver Points level (8,000 points)	8,015



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