



HumanaVitality - a wellness and rewards program for your well-being and healthy living

You should be rewarded for making healthy choices. With HumanaVitality®, you can earn hotel stays, digital cameras, and more — for everyday healthy behavior. Even your kids can get involved, live healthier and earn great rewards along the way!

[→ Find a medical plan with HumanaVitality](#)



Ready, set, earn

Simple steps to a healthier you

- ✓ Get on track to make a healthy change
- ✓ Establish goals based on your personal health
- ✓ Get out, get active, and achieve your goals
- ✓ Turn completed goals into great rewards
- ✓ Earn up to 10% savings, for use on a future purchase at Walmart®, when you buy Great For You™ healthier foods at Walmart and with your Vitality HealthyFood™ Shopping Card

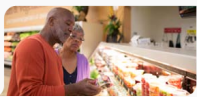
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Individuals & families

Kids

HumanaVitality is for every lifestyle Individuals & families

Small changes in your everyday life can add up to healthy long-term rewards.



See where your health stands

Get started by taking a short Health Assessment that focuses on your daily routines. Once completed, you'll know your Vitality Age™ —, which tells you if your body is living younger or older than your actual age based on your lifestyle and habits.

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Take action towards well-being

With a program designed just for you and your improved health, you'll earn Vitality Points™ for activities such as wearing a fitness device, completing your Health Assessment and getting a flu shot.

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Get healthy, stay healthy

Get active and watch your Vitality Status® grow with the Vitality Points you earn. And as you continue completing activities and achieving recommended goals, you'll also get Vitality Bucks® to spend in the HumanaVitality® Mall.

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Get rewarded

Once you start earning Vitality Bucks, you'll be able to turn them into great rewards at the Humana Vitality Mall. Movie tickets, hotel stays, digital cameras, and more are all available to you — and they are your reward for choosing to live healthier.

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*HumanaVitality members must have Bronze Vitality Status™ or higher and must be 18 years of age or older to be eligible to participate in the Vitality HealthyFood program. The Vitality HealthyFood program is not available to all HumanaVitality members and is only available with certain plans or products offered by Humana.

**The 5 or 10% savings will be applied to that member's Vitality HealthyFood Shopping Card within 5-7 business days. Once applied, the savings may be used on any future purchase made at Walmart where gift cards are accepted.

*The Vitality HealthyFood program is only available at Walmart Neighborhood Markets and Walmart retail stores. Sam's Club stores and Walmart.com are excluded from the Vitality HealthyFood program.

The HumanaVitality information described here is not intended for, and should not be relied on, in connection with Medicare Advantage or Medicare Prescription Drug plans.

HumanaVitality is not an insurance product and not available in some states or territories. May not be offered with some plans.

Humana Vitality

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Connect with HumanaVitality

We'll help you stay healthy and reach your fitness goals.

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Exercise doesn't mean exhaustion

While elevating your heart rate is key to a good exercise program, don't feel like you have to knock yourself out to get any results. The mental benefits of exercise can be even more apparent with a low-intensity routine than with a high-intensity one

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Other mail order pharmacies are available in our network

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