Earn more rewards on your path to living healthy

It’s as simple as activating Personal Goals.

Activating a Personal Goal is rewarding. Not only will you rack up Vitality Points™ and be on the fast track towards achieving Silver Vitality Status™, it’s the key to getting and staying healthy!

It’s all about you

Your wellness goals are unique, and can change as you work to improve your health status. Personal Goals are recommended based on what will make the most impact on your health once you take the Health Assessment and a Vitality Check®. The more you know about where you stand, the more power you have to improve your wellness and earn big Vitality Points in the process! HumanaVitality™ Personal Goals are designed to help you follow a healthy living path. You could set Personal Goals to:

• Reach or maintain a healthy weight by eating a more nutritious diet
• Exercise regularly
• Learn more about certain medical conditions or risks
• Make better lifestyle choices such as staying or becoming tobacco-free

You activate the Personal Goals you want to work on. Reach a Personal Goals and earn more Vitality Points! It’s that simple. Here are the quick steps to set and achieve Personal Goals:

• Sign into HumanaVitality.com and complete the Health Assessment if you haven’t already
• From your HumanaVitality dashboard, click “View all Goals” to manage and set your Personal Goals
• Complete a From your HumanaVitality dashboard, click “View all Goals” to manage and set your Personal Goals within the set timeframe to earn Vitality Points
• Earn additional Vitality Points while you work toward your From your HumanaVitality dashboard, click “View all Goals” to manage and set your Personal Goals by completing standard activities that support your recommended Goal, like getting more active by joining a Partner Health Club

HumanaVitality is not an insurance product.