Earning Vitality Points™ can be easy if you just track activities you are already doing. Earn Vitality Points™ by using the device type that fits best with the fitness activity you prefer. Select a device type from the options below and learn what each device measures and how that information is captured. The last column is a sampling of some of the specific models that are compatible with HumanaVitality®. This is not a complete list. To view more supported devices sign in to Humanafit.com and click on the “HumanaVitality Device Compatibility Info” link.

<table>
<thead>
<tr>
<th>If I like to...</th>
<th>Type of device recommend</th>
<th>Tracking</th>
<th>Activity needed to earn Vitality Points™</th>
<th>Models supported by HumanaVitality</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walk/run on treadmill</td>
<td>Pedometer or activity tracking app</td>
<td>Pedometer Number of steps Phone app Burning calories</td>
<td>Pedometer 10,000 steps per day For members of Humana’s Medicare Advantage, Medicare Prescription Drug, or Medicare Supplement Plans: 3,000 steps per day Activity tracking app Burning 200 calories in a single workout</td>
<td>HumanaGear g1.0 HumanaGear g2.0 Fitbit One Fitbit Zip Fitbit Flex Nike + running App</td>
</tr>
<tr>
<td>Walk/run outdoors</td>
<td>Pedometer or activity tracking app</td>
<td>Pedometer Number of steps Phone app Burning calories</td>
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</tr>
<tr>
<td>Cycling (outdoors)</td>
<td>Heart rate monitor or activity tracking app</td>
<td>Heart rate monitor Tracks your heart rate Phone app Burning calories</td>
<td>Heart rate monitor Exercise at an average of at least 60% of your maximum heart rate* for a minimum of 30 minutes in a single workout session Activity tracking app Burning 200 calories in a single workout</td>
<td>Garmin Polar Humanafit App</td>
</tr>
<tr>
<td>Weight lift</td>
<td>Heart rate monitor</td>
<td>Heart rate monitor Tracks your heart rate</td>
<td>Heart rate monitor Exercise at an average of at least 60% of your maximum heart rate* for a minimum of 30 minutes in a single workout session</td>
<td>Garmin Polar</td>
</tr>
</tbody>
</table>

*Your maximum heart rate is calculated by subtracting your age from 220.
Compatible fitness devices must have the ability to store multiple activity sessions and export the activity data from the device to a computer or the device website. Additional compatible fitness devices may be added to this list. Certain fitness devices may be removed from this list, without notice. Continue to check back periodically.

In addition to meeting the required activity standards, in order to receive Vitality Points for fitness you must follow the appropriate instructions to connect your device, including registration of your device as applicable. Go to [youtu.be/rKyFLZ7HcwI](https://youtu.be/rKyFLZ7HcwI) to see an example of how to connect and register devices. For additional questions, call Customer Care using the number listed on the back of your member ID card. This document is only intended to list the products/equipment that are compatible with HumanaVitality®.

References to products and equipment are not an endorsement or warranty by Humana or HumanaVitality, LLC of the products or equipment. The manufacturers of the products or equipment are solely responsible for defects with or problems arising out of the use of their products or equipment.

You should consult your doctor before starting any exercise regimen. If it is unreasonably difficult due to a medical condition or if it is medically inadvisable for you to attempt the activity required to achieve the standards for awarding Vitality Points, please call the number on the back of your member ID card and we will work with you to develop an alternative activity.

**Notice for members with pacemakers or other electronic medical devices:**
It is strongly recommended that HumanaVitality members who have a pacemaker or other electronic medical device consult with their doctor before beginning an exercise regimen and using a heart rate monitor. A doctor may suggest an exercise test under his or her supervision to determine the appropriate intensity level for exercise and to ensure the simultaneous use of the medical device and heart rate monitor is safe for you.

Humana is a Medicare Advantage organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in this Humana plan depends on contract renewal.


For Arizona Residents: Offered by Humana Health Plan, Inc. or insured by Emphesys Insurance Company or insured or administered by Humana Insurance Company.

Please refer to your Benefit Plan Document (Certificate of Coverage/Insurance or Summary Plan Description) for more information on the company providing your benefits.

Our health benefit plans have exclusions and limitations and terms under which the coverage may be continued in force or discontinued. For costs and complete details of the coverage, call or write your Humana insurance agent or broker.

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| Play other sports (tennis, golf, basketball, volleyball, soccer, etc.) | Pedometer or heart rate monitor | Pedometer
Number of steps
Heart rate monitor
Tracks your heart rate | Pedometer
HumanaGear g1.0
HumanaGear g2.0
Fitbit One
Fitbit Zip
Fitbit Flex
Fitbit Charge 2
Polar
Fitbit
HumanaGear
Garmin
|
| Go to an auto-syncing partner gym (weight lifting, yoga, Zumba, swimming, etc.) | No device needed
Member must connect their health club membership to their HumanaVitality account on HumanaVitality.com | Each time you scan into the location you will receive Vitality Points. Vitality Points should be downloaded to your account by the 10th of the month for the prior month. | N/A |

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