

# Earn Vitality Bucks® using devices from these manufacturers



Activity tracker	Vitality Bucks awarded for		
	Steps	Calories	Heart rate
HumanaGear Pedometers	✓		
Clearview Pedometer	✓		
Fitbit Activity Trackers	✓		
Jawbone UP Wristbands	✓		
Polar		✓	✓
Garmin	✓	✓	✓
Runkeeper		✓	

\*See the activity tracker manufacturer section on the back of this flyer for specific devices that work within the HumanaVitality experience.

## How to connect your compatible fitness device to HumanaVitality

### If you have a Humana g1.0 or g2.0 Pedometer:

1. Sign in to HumanaVitality
2. Plug in your Humana g1.0 or g2.0 Pedometer
3. Click the View Calendar button and you will be automatically directed to the new Workout Calendar
4. If you don't see View Calendar, go to the Connect Fitness Devices page and click the prompt to begin registering your device

### How to connect other fitness devices to HumanaVitality:

For all other compatible fitness devices:

1. Sign in to HumanaVitality
2. Visit the Connect Fitness Devices page under Get Healthy tab → Fitness and Exercise
3. Find the link under your device logo to reconnect your device directly to HumanaVitality
4. App connects directly to HumanaVitality

### How Vitality Bucks are awarded:

**Steps:** Take 3000-6,999 steps in a calendar day to earn 10 Vitality Bucks or at least 7,000 steps in a day to earn 15 Vitality Bucks.

**Calories:** Burn 200 calories in a single workout, at a pace of at least 200 calories per hour, to earn 15 Vitality Bucks.

**Heart rate:** Exercise at an average of 60 percent or more of your maximum heart rate for a minimum of 30 minutes in a single workout session to earn 15 Vitality Bucks. Your maximum heart rate is calculated by subtracting your age from 220. A compatible chest strap transmitter needs to be worn during a workout for the heart rate data to be captured.

Devices may be added or removed without warning. For additional questions, visit [HumanaVitality.com](http://HumanaVitality.com) or call the number on the back of your Humana member ID card.



# Compatible fitness devices\*



Activity tracker manufacturer	Device	Activity tracker manufacturer	Device
<b>HumanaGear Pedometer</b>	g1.0 Pedometer	<b>Fitbit</b>	Fitbit Classic
	g2.0 Pedometer		Fitbit Ultra
	Offline pedometer		Fitbit One
<b>Clearview Pedometer</b>			Fitbit Zip
			Fitbit Flex
<b>Jawbone UP</b>	Jawbone UP		Fitbit Surge
	Jawbone UP24		
<b>Polar</b>	– Polar Accurex Plus	<b>Garmin</b>	– Forerunner 10
	– Polar AXN500		– Forerunner 15
	– Polar AXN700		– Forerunner 50*
	– Polar Coach		– Forerunner 110*
	– Polar CS400		– Forerunner 210*
	– Polar CS600		– Forerunner 305#
	– Polar CS600X		– Forerunner 310XT*
	– Polar E600		– Forerunner 405*
	– Polar FT7		– Forerunner 405CX*
	– Polar FT40		– Forerunner 410*
	– Polar FT60		– Forerunner 60*
	– Polar FT80		– Forerunner 610*
	– Polar RCX5		– Forerunner 620
	– Polar RS300X		– FR 70
	– Polar RS400		– Forerunner 910XT
	– Polar RS800		– Vivofit
	– Polar RS800X		
	– Polar S610		

Humana is a Medicare Advantage HMO, PPO and PFFS plan with a Medicare contract. Enrollment in a Humana plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments and restrictions may apply. Benefits may change each year.

This information is available for free in other languages. Please call Customer Care at the number on the back of your Humana member ID card.

Esta información está disponible gratuitamente en otros idiomas. Comuníquese con el Departamento de Atención al Cliente llamando al número en el dorso de su tarjeta de identificación de afiliado de Humana.

If you are medically unable to perform these tasks, you can call Customer Care and we will work with you to find another way to earn Vitality Bucks. Please call the member service number on the back of your Humana member ID card.

\*For a complete list of compatible fitness devices go to [humanavitality.com](http://humanavitality.com) or call the number on the back of your Humana member ID card.

