

Humana Health Risk Assessment and Virgin HealthMiles Instructions

See instructions below on how to take your Humana Health Risk Assessment and earn **\$100!** You must also sign up for Virgin Healthmiles to receive your \$100 reward and get your pedometer so you can earn up to another **\$200!** It's easy! Go to humana.com

The screenshot shows the Humana website interface. At the top, there's a navigation bar with 'Humana Medicare Plans', 'Insurance for Individuals', 'Insurance through Employer', and 'Resources & Support'. A search bar is located on the right. The main content area features a large image of a doctor and a patient, with the headline 'Reduce your risk for diabetic complications'. Below this is a 'View Health and Wellness Article' link and a pagination control. A secondary navigation bar includes 'get started', 'find a doctor', 'healthy living', 'healthcare education', and 'innovation'. Two main content boxes are visible: 'I want to buy health insurance' and 'I already have Humana insurance'. The 'log in or register' box is highlighted with a blue arrow pointing to the 'log in or register' link.

Log into your existing account or Register for your MyHumana account.

Take your confidential Health Assessment.

After you have taken the Health Assessment, Humana will transfer \$100 to your Virgin HealthMiles account. Spend your award in the rewards shopping area or choose to receive a check. *(Please note: the \$100 award will take approximately 14 days to show up in your Virgin HealthMiles account.)*

MyHumana
This is a Secure Site

Welcome, Susan
March 8, 2010

MyHumana » My Plans & Coverage Doctors & Rx My Claims & Spending Health & Wellness

Account Summary
Medical Plan
PREFERRED PROVIDER ORGANIZATION
[View My Plans & Coverage](#)

In-Network Deductible*
Limit \$1,200.00
Paid
Remaining
*Rx benefits included

Spending Accounts
HSA
[Spending Accounts](#)
[Year-to-Date Summary](#)

Messages (1)

Preventive action
Your health is important. It is important to learn about the health risks women face so you can take action to prevent them.
[Learn More](#)

«Previous | 1 | 2 | 3 | Next»

Quick Access to the information you need fast

- Claims Information**
Review medical, dental, Rx claim details year-to-date spending, and more
- Doctors & Rx Tools**
Get details about doctors and hospitals, healthcare services, drugs, and more
- Plan Information**
Find benefit details, order an ID card, view your effective date, and more

Recommended

- [Tour MyHumana](#)
- [Rx Claims](#)
- [Humana's MyChoice ToolsSM](#)
- [Health Assessment](#)

Looking for this?

- [Enrollment Center](#)
- [Health Savings Account Details](#)
- [Pharmacy Locator](#)
- [Mail-Order Rx](#)

Provider Search

- [Physicians / Specialists](#)
- [Hospitals](#)
- [Urgent Care Centers](#)

Let us help you

- [Contact Us](#)
- [Frequently Asked Questions](#)
- [Glossary](#)
- [View Medical ID Card](#)

Link to Health Assessment

Humana Health Assessment: Welcome - Windows Internet Explorer

https://securedlogons.humana.com/eCare/PHP/HFAMemberIntro.asp?MDCR=NO

File Edit View Favorites Tools Help

Humana Health Assessment: Welcome

the Humana Health Assessment **HUMANA**
Guidance when you need it most

Welcome Exit

Welcome

Your employer is proud to offer the Humana Health Assessment, a tool to measure your health and provide you with informational resources tailored to your individual wellness and lifestyle needs.

Some of the questions that follow are personal in nature, but an honest response is important to help provide you with feedback tailored to your needs. Throughout the tool, you can identify specific topics that peak your interest. And, at the end, you will be given an individualized action plan to better understand your health. You will also receive links to resources covering the topics you have identified.

This assessment is intended to be an entirely new experience to help you improve and manage your health, and to have fun in the process. As you go through this tool, you may see questions that don't seem to relate directly to your health. These questions are designed to help tailor the feedback you'll receive in your action plan. By answering questions about what interests and motivates you, you're helping us increase the usefulness of your personalized action plan.

The next screen is a consent form, required by law, where you will need to accept or decline the terms of the health assessment. You must accept the consent form in order to take the assessment. However, if after reading the consent form you decide to decline, you do have the option of returning at a later date, accepting the terms, and taking the assessment to learn more about your health.

[Launch Humana Health Assessment](#)

[Frequently Asked Questions](#)

Internet 100%

start Microsoft Online Servi... Inbox - Microsoft Out... MyHumana Home Pag... Humana Health Asses... 8:27 AM

Begin Assessment

Next, go to [Virgin HealthMiles](http://www.virginhealthmiles.com/join/product.aspx?pid=888962) (http://www.virginhealthmiles.com/join/product.aspx?pid=888962)

Select 'Join Now' and follow the instructions. You will be asked to complete another health activity survey. This survey is optional and is used as an aid to help you set your goals. Once your enrollment is complete, you are all set. You will receive a free pedometer (\$25 value) in 7-10 days along with instructions for downloading the pedometer tracking software.

If you are already a member just log in at <https://www.virginhealthmiles.com/login.aspx>

Start tracking your activity and earn health miles toward an additional **\$200** award!

Virgin HealthMiles - Windows Internet Explorer

https://www.virginhealthmiles.com/join/product.aspx?cid=888962

File Edit View Favorites Tools Help

Google G Go Bookmarks 1914 blocked Check AutoFill Settings

Join Now

VIRGIN HEALTHMILES, BROUGHT TO YOU BY BELMONT UNIVERSITY
As a Belmont University member, you can now join a program where getting active & fit means getting great stuff! And ours isn't your typical stuff, you know. Ours is motivation, feedback, gadgets, tracking, challenges, prizes, more energy, feeling better, looking great... and rewards.

HERE'S THE DEAL
As a member of Belmont University, get all the great features and benefits of the HealthMiles program, plus up to \$200 a year in rewards, for only FREE! That's right, Belmont University is providing the great benefit at no cost to you.

NOW, ABOUT THOSE REWARDS
You can earn up to \$200 a year in rewards for getting active and tracking your progress. As you engage in the HealthMiles program, you'll proceed through a series of 5 Reward Levels where you'll earn HealthCash, good to spend on gift cards to over 40 national retailers.

HERE'S WHAT YOU GET

- a secure, personalized LifeZone website to easily manage all of your health & fitness data in one place
- a fun & easy platform to create and run your own personal challenges
- semi-annual Quest sweepstakes for the chance to win big prizes
- articles and videos on the latest health & fitness topics
- real-time feedback, motivation and support to reach your goals
- a logbook to enter & monitor your health stats: weight, body fat, blood pressure
- a platform that integrates other tracking data from leading device manufacturers, including heart-rate monitors
- HealthCash rebates when you shop at our Rebate Center

* You must be 18 years of age to join the HealthMiles program.

BELMONT UNIVERSITY

A LITTLE HEALTHY COMPETITION

As part of the HealthMiles program, you can create and run your own Personal Challenges! You set the rules, we send out the invites. You provide the prizes, we provide the platform. Then let the games begin.

JOIN NOW

Click on 'Join Now'

Once you receive your GoZone, you can download the pedometer tracking software at <http://www.virginhealthmiles.com/software/>

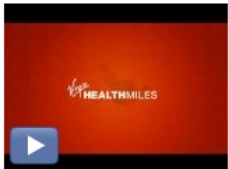
The screenshot shows a Windows Internet Explorer browser window. The address bar displays the URL <http://www.virginhealthmiles.com/software/>. The page content includes the Virgin HealthMiles logo, a "Software" section header, and instructions for downloading the GoZone iSync software. A "Download Software" button is visible. A video player shows a red screen with the Virgin HealthMiles logo and a play button. Below the video is a link: [How-to video: Installing the GoZone iSync program](#). There are also links for Mac users: [Click here to download the iSync software for Macs.](#) (you'll need Mac OS X v10.4 or above) and a link for help: [Log in to ask a question and get support.](#)

Virgin HEALTHMILES

Software

Click "Download Software" to install the GoZone iSync software onto your computer. When prompted, select RUN to begin the installation process (for Windows 2000, XP, Vista and Windows 7).

[Download Software](#)



[How-to video: Installing the GoZone iSync program](#)

Using a Mac?
[Click here to download the iSync software for Macs.](#)
(you'll need Mac OS X v10.4 or above)

Need some help?
[Log in to ask a question and get support.](#)

Internet 100%

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Virgin HealthMiles - Windows Internet Explorer

https://www.virginhealthmiles.com/secure/member/landingpage.aspx

File Edit View Favorites Tools Help

Virgin HealthMiles

Support | My Account | Log Out

Home Rewards Activity Measure Challenges Message Center

My HealthMiles Summary

[Rewards](#)
[Activity](#)
[Measure](#)
[Challenges](#)

HealthMiles Level

20,230

2/9/10 START

1 \$0 2 \$50 3 \$50 4 \$50 5 \$50

Up For Grabs

- Enter your measurements 50 HealthMiles
- Upload more steps! 20-100 HealthMiles
- Create your own challenge 500 HealthMiles
- Add an entry in your Activity Journal 10 HealthMiles

Recently Earned

- 2/3/11 GoZone upload <7,000 steps 20 HealthMiles
- 2/2/11 GoZone upload <7,000 steps 20 HealthMiles
- 2/1/11 GoZone upload <7,000 steps 20 HealthMiles

Hi, Sally!

My Activity Stats

7,297 average daily steps
19,457 most steps in a day
2,541,754 total steps

HealthMiles anniversary: Feb 9
Days left to earn: 6
HealthCash available: \$0.00

Health Tips

Can't sleep?
Insomnia is just one of those things that comes with getting older- exercise to the rescue!

[Have a voucher code? Click here to redeem it](#)
[View more reward details](#)

Your \$100 for taking your health assessment will show up here.

Choose how you want to redeem your award from Virgin Healthmiles. You can buy another GoZone Pedometer or a Polar heart rate monitor. Or you can get a gift card from one of a number of local stores or online vendors. You can even get a check!

The screenshot shows the Virgin HealthMiles website in a Windows Internet Explorer browser. The address bar displays <https://www.virginhealthmiles.com/secure/rewards/redeem.aspx>. The website has a red header with the Virgin HealthMiles logo and navigation links for Home, Rewards, Activity, Measure, Challenges, and Message Center. A dropdown menu is open under the 'Rewards' link, showing options like 'How Reward Levels Work', 'How to Earn HealthMiles', 'Membership Benefits', and 'Spend Your HealthCash'. The main content area features four redemption options: 'Get a gift card', 'Buy a Polar heart rate monitor', and 'Write a check'. Each option includes a brief description and a link to browse or get the item. A 'Shopping cart' link is also visible in the top right. The Windows taskbar at the bottom shows the Start button and several open applications, with the system clock displaying 9:32 AM.

Login and upload your steps frequently to earn HealthMiles and up to \$200. You can earn more HealthMiles by entering your Measurements, add entries to your Activity Journal or even create a challenge with another Belmont office.

Virgin HealthMiles - Windows Internet Explorer

https://www.virginhealthmiles.com/secure/member/landingpage.aspx

File Edit View Favorites Tools Help Convert Select

Virgin HealthMiles Support | My Account | Log Out

Home Rewards Activity Measure Challenges Message Center

My HealthMiles Summary

Rewards Activity Measure Challenges

HealthMiles Level

20,230

1	2	3	4	5
\$0	\$50	\$50	\$50	\$50

2/9/10 START

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