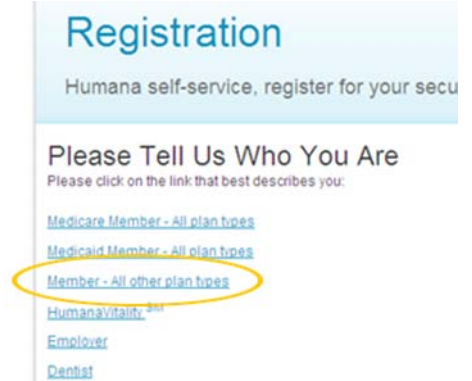


First time accessing MyHumana on Humana.com? Follow these steps to register...

1 In the login box on the Humana.com home page, click **register**.

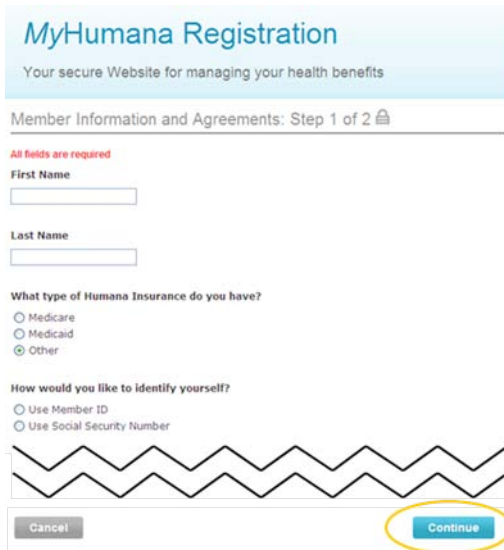


2 Select **Member — All other plan types**.

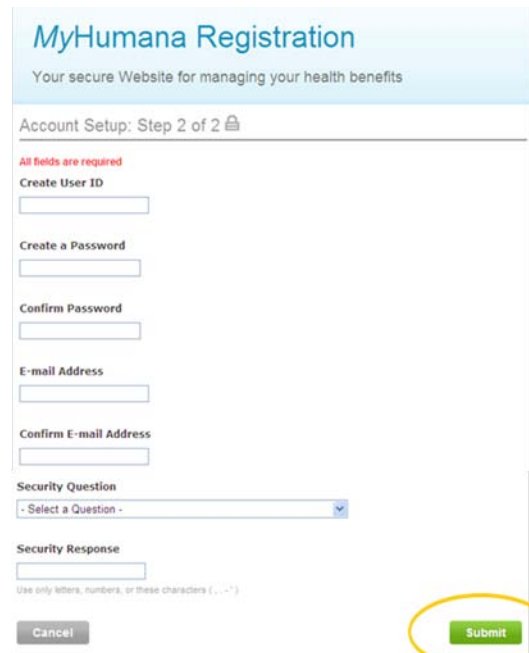


*For associates in a Humana employer medical plan (excluding Puerto Rico and Hawaii)

3 Complete the information form and click **Continue**.



4 Create a unique user ID and password (different than your associate user ID and password) and click **Submit**.



5 When you reach this screen, click **Continue**, and fill out the form telling us how you would like to receive communications from your medical plan.



6 You are now registered on MyHumana. To get started in HumanaVitality, simply click **Take the health risk assessment** on your MyHumana home page.



Still have questions? Call Customer Service at 866-427-7478.