



PROVIDENCE

INSURANCE GROUP
The Guidance You Need.

Welcome to **Providence Insurance Group**, your benefits support company. We want to help you get the most from your **Corporate Temps** insurance plans.

Please feel free to contact us with questions concerning your benefits or if you need materials for your employees.

If you have a claim problem that has not been resolved to your satisfaction, after contacting your carrier's customer service department, please contact **Providence Insurance Group** for assistance from one of our service professionals.

Customer Care

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THE BENEFIT COMPANY

UBA *United
Benefit
Advisors*



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HumanaVitality[®]

Earn rewards for healthier choices



It's easy to get started and reach Silver Vitality Status[™]

Here's a quick guide to help you get started on the path to better health. You'll learn how to build your Vitality Points[™] and reach Silver Vitality Status. Increasing your Vitality Status will give you more Vitality Bucks[®] to spend in the HumanaVitality Mall and opportunities for discounts on your rewards.

Start engaging

- Choose how you want to engage. Set up your account at **HumanaVitality.com** or download the HumanaVitality Mobile App for convenient, on-the-go access. You'll be on your way to making healthier changes.
- Complete your Health Assessment online or complete any of the Health Assessment sections on the App to start earning Vitality Points.
- When you're done you'll learn your Vitality Age[™] – a measure of how young or old you're living – and find ways to get and stay healthy.

Set goals

Based on your Health Assessment responses, we'll recommend some healthy goals for you. Decide what you want to work on and set some personal goals, including scheduling a Vitality Check[®].

- Then start making healthy changes, like starting a fitness program taking an online health course or getting Preventive screenings.
- It's easy to track your progress online at **HumanaVitality.com** or on-the-go with the app.

Earn rewards

- Engage in healthy activities and you'll earn Vitality Points to raise your Vitality Status.
- Look for Ways to Earn online and discover opportunities to earn Vitality Points in categories like Healthy Living, Fitness, Prevention and Education.
- Each Vitality Point you earn is worth one Vitality Buck, which you can redeem in the HumanaVitality Mall for great rewards like movie tickets, brand name gift cards, fitness devices and more!

Humana Vitality

Download the
HumanaVitality Mobile App

