

Fill out the information below and send it to HumanaVitality along with proof of your blood donation such as the certificate or card. To qualify for Vitality Points, you must send the proof within 90 days of the date you gave blood.

Section A: Member Information	
First Name:	Last Name:
Member ID:	Date of Birth:

Section B: Blood Donation Information	
Donation Agency:	Donation Date:

**Please send in completed form and proof of blood donation:**

**Online:** Through the MyMessages link in *MyHumana*

**Or Fax:** (877) 250-7814

**Or mail:** HumanaVitality  
P.O. Box 14601  
Lexington, KY 40512-4601

**Please Note:** Humana periodically conducts random checks to confirm the accuracy of information received. Submission of incorrect or inaccurate information may result in the member not earning or the removal of Vitality Points and Vitality Bucks.