

# “Bee” Active with SWARM

(Students With Active Role Models)



Get rewarded by HumanaVitality for bringing physical activity to your school



HumanaVitality is not an insurance product.

**Humana** Vitality®

#KYSWARM



## How can I get rewarded with SWARM?

It's easy!! The SWARM program and HumanaVitality reward teachers and staff for participating in physical activity in school throughout the school year.

To qualify, you and at least one student must track your participation in any qualifying physical activity (e.g., a “brain booster” in the classroom, walking at recess, etc.).

You earn Vitality Points™ for completing one of the following levels of activity per semester:

- **Level 1 (250 points)**
  - 800-1,599 minutes total (10 min/day or 50 min/week on average)
- **Level 2 (350 points)**
  - 1,600-2,399 minutes total (20 min/day or 100 min/week on average)
- **Level 3 (500 points)**
  - 2,400+ minutes total (30 min/day or 150 min/week on average)

(Assuming a 16+ week semester)

## Getting in shape is now even more rewarding!

### Healthier teachers and staff lead to healthier students

Challenge yourself to make a change with HumanaVitality, an incentive-based wellness rewards program. Getting active and staying fit is a great accomplishment. Even more exciting is turning your hard work into products and services you'll actually use! You can walk, run and jump your way to great gift cards from retailers like Amazon, Target and iTunes. Or treat yourself to fitness gear and Apple products, plus much more.

### “Bee” the positive role model your students need

When you commit to good health practices, you instantly become a positive role model for students. Even better, get the entire staff involved to create an overall culture of well-being at your school. Teachers and other school staff members can integrate physical activity into classroom academic instruction, as well as support recess, intramurals and other school-based events.

### Tracking and submitting your points is simple!

Tally up your SWARM activity points as long as you (the school staff member) and at least one student were active during the minutes being reported. Track your minutes on the SWARM calendar, and submit the SWARM submission form at the end of each semester.

### Need some ideas on how to get started?

Visit the [www.LivingWell.ky.gov](http://www.LivingWell.ky.gov) School Champs page for resources on bringing physical activity to your school. There you'll find partner sites such as Let's Move Active Schools and the Kentucky Department of Education Coordinated School Health Pages.

# Get your Vitality Points!

Complete and submit this activity form



To receive Vitality Points, you must send in this form, along with your completed SWARM Semester Tracking Calendar sheets (included in this brochure), within 90 calendar days of the activity completion date. You can earn Vitality Points for activities you take part in each semester. The final day of each semester is the last day you can earn Vitality points for that semester. Please keep a copy of your completed form and calendar sheets for your records.

## Submit your forms for each SWARM semester

### Section A: Member information – please print

First name:

Last name:

Member / Subscriber (Sub) ID#:

Date of birth (MM/DD/YYYY):

Phone number:

### Section B: SWARM Information – please print

Select activity level for SWARM:

- Level 1 (250 points) – 800-1,599 total minutes  
 Level 2 (350 points) – 1,600-2,399 total minutes  
 Level 3 (500 points) – 2,400+ total minutes

Semester:

- Fall (August - December)  
 Spring (January - May)

Year:

School Name:

School County/District:

### Section C: Proof

Submit your SWARM Semester Tracking Calendar (included in this brochure) with this form.

### Additional information:

The start/end and award dates are on a per-semester basis. As a teacher or school staff member, you are eligible for a limit of one award per semester (August-December and January-May), and the point value is based on the number of “active” minutes you record. HumanaVitality Points are only awarded when the teacher/staff member and at least one student were active during the tracked minutes being reported. Activity must be during regular school hours or during official after-hours school functions. Physical Activity class does not count unless the staff member is also active during the minutes being reported.

## Send the completed form any of these ways:

Online: Visit MyHumana on **Humana.com** and click on this envelope icon  or the “My Messages” link at the top of the page

Fax: 1-877-250-7814

Mail: HumanaVitality  
PO Box 14613  
Lexington, KY 40512-4613

Please note: HumanaVitality reserves the right to confirm the accuracy of information received. Submission of incorrect or inaccurate information may result in the member either losing or not earning Vitality Points and Vitality Bucks. Points apply to the fitness category maximum.

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# SWARM activity calendar

The SWARM initiative and HumanaVitality reward school teachers and staff for participating in physical activities in their school throughout this school year.

You can track your activity using this calendar.



**Remember - the more you move, the more you earn!**

- **Level 1 (250 points)**  
– 800-1,599 minutes total  
(10 min/day or 50 min/week on average)
- **Level 2 (350 points)**  
– 1,600-2,399 minutes total  
(20 min/day or 100 min/week on average)
- **Level 3 (500 points)**  
– 2,400+ minutes total  
(30 min/day or 150 min/week on average)

(Assuming a 16+ week semester)

**Simple ideas for becoming a wellness role model:**

- Leading a morning walking club with students
- Leading brain boosters/energizers in the classroom
- Taking “walk and talk” breaks to get students moving while processing classroom content
- Leading activities during recess, such as walking and fitness challenges

Visit [www.LivingWell.ky.gov](http://www.LivingWell.ky.gov) to learn more.

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# SWARM activity calendar

August

Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Today's minutes: _____	2 Weekly total: _____
3	4 Today's minutes: _____	5 Today's minutes: _____	6 Today's minutes: _____	7 Today's minutes: _____	8 Today's minutes: _____	9 Weekly total: _____
10	11 Today's minutes: _____	12 Today's minutes: _____	13 Today's minutes: _____	14 Today's minutes: _____	15 Today's minutes: _____	16 Weekly total: _____
17	18 Today's minutes: _____	19 Today's minutes: _____	20 Today's minutes: _____	21 Today's minutes: _____	22 Today's minutes: _____	23 Weekly total: _____
24	25 Today's minutes: _____	26 Today's minutes: _____	27 Today's minutes: _____	28 Today's minutes: _____	29 Today's minutes: _____	30 Weekly total: _____
31	Monthly total: _____					

# SWARM activity calendar

## September

Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Today's minutes: _____	2 Today's minutes: _____	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Weekly total: _____
7	8 Today's minutes: _____	9 Today's minutes: _____	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Weekly total: _____
14	15 Today's minutes: _____	16 Today's minutes: _____	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Weekly total: _____
21	22 Today's minutes: _____	23 Today's minutes: _____	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Weekly total: _____
28	29 Today's minutes: _____	30 Today's minutes: _____	Monthly total: _____			

# SWARM activity calendar

October

Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Today's minutes: _____	2 Today's minutes: _____	3 Today's minutes: _____	4 Weekly total: _____
5	6 Today's minutes: _____	7 Today's minutes: _____	8 Today's minutes: _____	9 Today's minutes: _____	10 Today's minutes: _____	11 Weekly total: _____
12	13 Today's minutes: _____	14 Today's minutes: _____	15 Today's minutes: _____	16 Today's minutes: _____	17 Today's minutes: _____	18 Weekly total: _____
19	20 Today's minutes: _____	21 Today's minutes: _____	22 Today's minutes: _____	23 Today's minutes: _____	24 Today's minutes: _____	25 Weekly total: _____
26	27 Today's minutes: _____	28 Today's minutes: _____	29 Today's minutes: _____	30 Today's minutes: _____	31 Today's minutes: _____	Monthly total: _____

# SWARM activity calendar

## November

Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Today's minutes: _____	7 Today's minutes: _____	8 Weekly total: _____
9	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Today's minutes: _____	14 Today's minutes: _____	15 Weekly total: _____
16	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Today's minutes: _____	21 Today's minutes: _____	22 Weekly total: _____
23	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Today's minutes: _____	28 Today's minutes: _____	29 Weekly total: _____
30	Monthly total: _____					

# SWARM activity calendar

## December Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Today's minutes: _____	2 Today's minutes: _____	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Weekly total: _____
7	8 Today's minutes: _____	9 Today's minutes: _____	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Weekly total: _____
14	15 Today's minutes: _____	16 Today's minutes: _____	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Weekly total: _____
21	22 Today's minutes: _____	23 Today's minutes: _____	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Weekly total: _____
28	29 Today's minutes: _____	30 Today's minutes: _____	31 Today's minutes: _____	August total: _____ September total: _____ October total: _____ November total: _____ December total: _____ Fall semester total: _____		

# SWARM activity calendar

## January Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Today's minutes: _____	2 Today's minutes: _____	3 Weekly total: _____
4	5 Today's minutes: _____	6 Today's minutes: _____	7 Today's minutes: _____	8 Today's minutes: _____	9 Today's minutes: _____	10 Weekly total: _____
11	12 Today's minutes: _____	13 Today's minutes: _____	14 Today's minutes: _____	15 Today's minutes: _____	16 Today's minutes: _____	17 Weekly total: _____
18	19 Today's minutes: _____	20 Today's minutes: _____	21 Today's minutes: _____	22 Today's minutes: _____	23 Today's minutes: _____	24 Weekly total: _____
25	26 Today's minutes: _____	27 Today's minutes: _____	28 Today's minutes: _____	29 Today's minutes: _____	30 Today's minutes: _____	31 Weekly total: _____

Monthly total: \_\_\_\_\_

# SWARM activity calendar

February

Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Today's minutes: _____	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Today's minutes: _____	7 Weekly total: _____
8	9 Today's minutes: _____	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Today's minutes: _____	14 Weekly total: _____
15	16 Today's minutes: _____	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Today's minutes: _____	21 Weekly total: _____
22	23 Today's minutes: _____	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Today's minutes: _____	28 Weekly total: _____
Monthly total: _____						

# SWARM activity calendar

## March Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Today's minutes: _____	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Today's minutes: _____	7 Weekly total: _____
8	9 Today's minutes: _____	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Today's minutes: _____	14 Weekly total: _____
15	16 Today's minutes: _____	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Today's minutes: _____	21 Weekly total: _____
22	23 Today's minutes: _____	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Today's minutes: _____	28 Weekly total: _____
29	30 Today's minutes: _____	31 Today's minutes: _____	Monthly total: _____			

# SWARM activity calendar

April

Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Today's minutes: _____	2 Today's minutes: _____	3 Today's minutes: _____	4 Weekly total: _____
5	6 Today's minutes: _____	7 Today's minutes: _____	8 Today's minutes: _____	9 Today's minutes: _____	10 Today's minutes: _____	11 Weekly total: _____
12	13 Today's minutes: _____	14 Today's minutes: _____	15 Today's minutes: _____	16 Today's minutes: _____	17 Today's minutes: _____	18 Weekly total: _____
19	20 Today's minutes: _____	21 Today's minutes: _____	22 Today's minutes: _____	23 Today's minutes: _____	24 Today's minutes: _____	25 Weekly total: _____
26	27 Today's minutes: _____	28 Today's minutes: _____	29 Today's minutes: _____	30 Today's minutes: _____	Monthly total: _____	

# SWARM activity calendar

May

Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Today's minutes: _____	2 Weekly total: _____
3	4 Today's minutes: _____	5 Today's minutes: _____	6 Today's minutes: _____	7 Today's minutes: _____	8 Today's minutes: _____	9 Weekly total: _____
10	11 Today's minutes: _____	12 Today's minutes: _____	13 Today's minutes: _____	14 Today's minutes: _____	15 Today's minutes: _____	16 Weekly total: _____
17	18 Today's minutes: _____	19 Today's minutes: _____	20 Today's minutes: _____	21 Today's minutes: _____	22 Today's minutes: _____	23 Weekly total: _____
24	25 Today's minutes: _____	26 Today's minutes: _____	27 Today's minutes: _____	28 Today's minutes: _____	29 Today's minutes: _____	30 Weekly total: _____
31	January total: _____ February total: _____ March total: _____ April total: _____ May total: _____ Spring semester total: _____					#KYSWARM

To find out more about integrating HumanaVitality into your school's wellness plan, visit [www.LivingWell.ky.gov](http://www.LivingWell.ky.gov), click on "Wellness Champs" and then "School Champs."

