

DISCOVER Go365



Go365.com



READY. SET. Go365



It's simple to get started with Go365™. Here's how to get rewarded for your healthy behaviors.

1. Register now

Download the Go365 App or visit Go365.com to access your secure, password-protected Go365 account and program.

2. Take the next step

Three easy ways to start earning Points and get to Bronze Status:

- Complete at least one section of your Health Assessment
- Log a verified workout
- Get your biometric screening

Adult children are not eligible to earn Points or Bucks for Health Assessment completion or bonuses, biometric screening completion or for having in-range results.

3. Enjoy the rewards

Keep earning Points by completing healthy activities. The more Points you earn, the more Bucks you will have to spend in the Go365 Mall. Reward yourself with brands including:

amazon.com

 **TARGET**

 **Spafinder**
Wellness 365

 **fitbit**



Join the Go365 support community
community.Go365.com



Register or sign in at Go365.com
or on the App

Go365 is not an insurance product. Not available with all Humana health plans.

Adult children can only move a family into Bronze Status by completing a verified workout.

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The Go365 App

Put the power in your pocket



Download the Go365® App today to your smartphone. Use it to help you stay on track in reaching your health and well-being goals.

The App has it all

Look what you can do:



Go head-to-head against other Go365 members and compete in Challenges*



Submit proof of eligible activities for Points



Connect compatible devices and tracking apps



Personalize experiences with photos



Complete or update your Health Assessment in quick, two-minute sections



Explore ways to increase your Points total



Complete activities that focus on areas such as food and sleep tracking for Points**



Check on your Go365 Age and Status



Enroll and interact with a health coach



See your Points history



Spend your Bucks in the Go365 Mall

Look how the Go365 App can make your life easier. Sign in today.



Download the Go365 App

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*Members earn 50 Points for joining a Challenge and 50 more for joining a Challenge team, up to a maximum of 100 combined Points per month no matter how many Challenges and Challenge teams a member may join.

**Depending on the activity, activities can be worth 2 Points a day or may have a weekly or monthly cap. Refer to the App for Points limits.



Spend your Bucks IN THE Go365 MALL



As a Go365™ member, you earn Points for completing healthy activities. You get one Buck for each Point you earn, plus Bonus Bucks when you reach a higher Status. These Bucks add up for you to spend in the Go365 Mall on products from popular brands and retailers. Visit the Go365 Mall online or on the App to see all the great products, deals and offers Go365 has to offer.

Popular brands

E-gift cards



Fitness and exercise equipment



Electronics



Deals and offers



Bucks cannot be used on discounts.
Discounts must be purchased with a credit or debit card.
Merchandise subject to availability and may change without notice.

Charities



Members must have at least Bronze Status to spend Bucks in the Go365 Mall.
Only the primary Go365 member can spend Bucks in the Mall.



Visit the Mall online or on the Go365 App to find all the rewards you can earn for living healthier



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Say hello to Go365.

It's your personalized wellness and rewards program.

Getting healthier is easier – and lots more fun – with Go365®. When it comes to health and wellness, you have your own approach. One that works for you. Go365 makes it easier to get moving along your path with multiple ways to start, activities to unlock, and lots of ways to rack up rewards.



Unlock activities.

Go365 is all about you. You'll receive activities personalized to help you reach your health goals, no matter where you are on your journey to better health. Just unlock your activities and earn Points for higher Status.



Stay inspired.

Getting healthier can be hard. Go365 makes it easier by connecting you to all the tools and resources you need to get there. Tracking your activity is a breeze – just connect your compatible apps or fitness devices and earn Points for all your healthy activities.



Earn rewards.

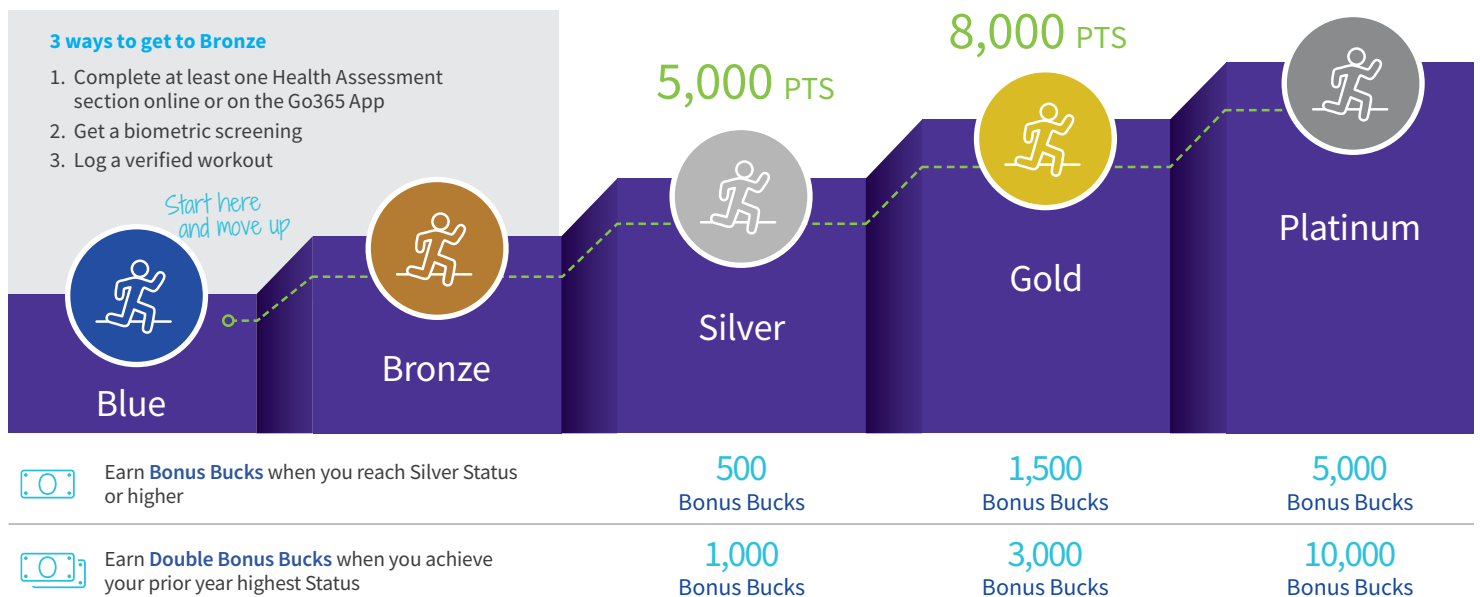
Making healthier choices is a lot more fun with Go365. The more you move up in Status, the more Bucks you can earn and spend on great items in the Go365 Mall. Plus, Bonus Bucks, surprise rewards, and monthly Jackpot drawings make getting healthy more fun!



More Points. Higher Status.

Earning Points pays off big with higher Status levels. Plus, you'll earn Bonus Bucks when you reach Silver, Gold, and Platinum Status.

Unlock activities to earn more Points and move up to a higher Status



Bonus Bucks are not tied to Points and increase a Go365 member's buying power in the Go365 Mall. Bonus Bucks are awarded when a Go365 member reaches Silver, Gold and Platinum Status, and are doubled when the prior year highest Status is achieved. For example, a year one Go365 member reaches Gold Status at the end of their program year. The Go365 member will earn 1,000 Bonus Bucks for reaching Silver Status (1,000 Bonus Bucks are awarded the first time a member reaches Silver Status) and 1,500 Bonus Bucks for reaching Gold Status. In the Go365 member's next program year, the highest Status reached is Gold Status. In this example, 500 Bonus Bucks are awarded at Silver Status and 3,000 Bonus Bucks are awarded when the member reaches Gold Status again.

Make it count with Go365.

Earn Points for your everyday activities – every day!



EDUCATION

Activity	Points	
Health Assessment <p>Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year.</p>	500	
Health Assessment sections <p>Earn 50 Points for each section you complete online or on the App:</p> <p><u>OR</u> >> Get Active >> Eat Better >> Reduce Stress >> Live Well >> Know Your Health >> Introduce Yourself <i>200 bonus Points when you complete all six sections</i></p>	50	once/program year
Health Assessment Bonus Points		
First Step Health Assessment Bonus <p>Once-in-a-lifetime reward for your first-time Health Assessment completion.</p>	500	once/lifetime
Fast Start Health Assessment Bonus <p>Earn bonus Points when you complete your Health Assessment within 90 days of your Go365 program effective date or program renewal date.</p>	250	once/program year
Weekly log* <p>Log your activity in any of these areas: food, weight, blood pressure and blood glucose.</p>	10	weekly
Sleep diary* <p>Sleep 7+ hours 5+ days per week (Sun-Sat) and log your progress.</p>	25	weekly up to 150/program year
Daily health quiz* <p>Log in to the Health IQ app or website and complete a quiz on a variety of health topics. Connect your Go365 App to Health IQ to automatically earn your Points.</p>	2	daily
Health coaching*		
Get matched with a certified well-being coach who can give you expert guidance, support and attention in these areas: weight management, quitting tobacco, managing stress, healthy eating and more.		
Enrolling (first time enrollees only)	200	
Three phone interactions	50	up to 600/program year
Six email interactions or six progress note entries (individually or combined)	50	
Calculators <p>These online tools measure aspects of your health, like “Are you at risk for a heart attack?” They can help you take steps to lead a healthier life. There are many different Calculators, and you can earn Points for each Calculator you use.</p>	75	up to 300/program year
CPR certification <p>See Point earning instructions under First-aid certification.</p>	125	once/program year

Continued to next page



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EDUCATION

Activity	Points	
First-aid certification	125	once/program year
You must send the completed CPR Form or First-aid Form, available online, to Go365 with the copy of certification within 90 days of completing the event. The form can be submitted while your certification is still valid, if you completed your certification before your Go365 effective date. Proof of CPR and First-aid certification may also be submitted on the App.		
Update/confirm your contact information	50	once/program year
Verify your information and earn Points.		
Monthly Go365.com, Humana.com or Go365 App sign-in	10	up to 120/program year
First time Go365 App sign-in	50	once/lifetime
Accept online statements	50	once/lifetime
Available for Go365 members with Humana medical coverage only.		

Maximum of 500 Points for Health Assessment completion per program year. Health Assessment Points are awarded the same online and on the App.
*Activities will award Points under Personalized Activities on your Go365 Statement.



Reach Silver Status Completing your Health Assessment and getting your biometric screening gives you a great start toward earning 5,000 Points toward Silver Status. Here's an example of how you can earn 5,000 Points:

Health Assessment	500
First Step Health Assessment	500
Biometric screening	2,000
Basketball league	350
Blood donation (x2)	100
Flu shot	200
Daily step (10,000 per day for 30 days)	300
First verified workout of program year	750
Calculator (x4)	300

5,000
Points total



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Make it count with Go365.

Earn Points for your everyday activities – every day!



FITNESS

Activity

Points

Daily Points

Earn Points for activities you do every day.

up to 50/day

Steps

1 per 1,000 steps

Heart Rate

5 for every 15 minutes above 60% of maximum heart rate

Calories

5 per 100 calories if burn rate exceeds 200 calories/hr.

Participating Fitness Facility

10 once/day

Fitness Bonus Points

Exceed 50 weekly workout Points

50

only one bonus awarded per week

Exceed 100 weekly workout Points

100

First verified lifetime workout

500

once/lifetime

First verified workout each new program year

750

once/program year

Fitness habit*

25

once/month

Start a new fitness habit and submit photo proof to earn your Points. Fitness habits include: walking breaks, take the stairs, park farther away, stretching, visit a park, walk your dog.

Sports league

350 up to 1,400/program year

You must be an active team member in a qualified, organized sports league, such as baseball or basketball. The minimum number of games or matches that must be played is eight. Complete a League Participation Form, available online and submit within 90 days of league completion to Go365 or claim Points on the App by sending a photo of the official schedule, award or certificate from your phone.

Challenges*

Create a Challenge – community

50

Join a Challenge – community

50

up to 100/month for all Challenge-related activities

Join a Challenge – sponsored

50

Create or join a team – sponsored

50

Sponsored Challenges are set up by employers or Go365. Community Challenges are set up by members.

Athletic events

up to 3,000/program year

You must register for and complete a fitness event or race approved by a fitness, athletic, or sporting organization recognized by Go365. Complete the Athletic Event Form, available online, and submit it within 90 days of the event completion to Go365 or claim Points on the App by sending a picture of your race bib or results from your phone.

Level 1 e.g.: 1.9 mi/3K – 5.1 mi/9K running, walking or cross-country skiing, Super sprint triathlon

250

Level 2 e.g.: >5.6 mi/9K – 12.4 mi/20K running, walking or cross-country skiing, Sprint triathlon

350

Level 3 e.g.: >12.4 mi/20K running, walking or cross-country skiing, Olympic, ITU, half or full triathlon

500



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How daily Points are calculated: Each day, Go365 will look at Points earned across all workout types and award the highest value for that day. Points are awarded for one workout type per day. A week is defined as Sunday – Saturday. We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Message Center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward. *Activities will award Points under Personalized Activities on your Go365 Statement.

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PREVENTION

Activity	Points	
Health screenings <p>Earn Points by getting screenings such as a Pap smear, mammogram, prostate exam or colorectal screening. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.</p> <p>Age restrictions apply. See Go365.com for details.</p>	400	up to 400/program year per eligible screening
Dental exam <p>Visit your dentist and earn Points for preventive dental exams. Submit the Prevention Activity Form, available online, within 90 days to earn Points or claim Points on the App by sending a photo of the date and location where you received your dental exam. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.</p>	200	up to 400/program year
Vision exam <p>Earn Points for a preventive vision exam. Submit the Prevention Activity Form, available online, within 90 days to earn Points or claim Points on the App by sending a photo of the date and location where you received your vision exam. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.</p>	200	once/program year
Flu shot <p>Get your annual flu shot and submit the Prevention Activity Form, available online, within 90 days to earn Points or claim Points on the App by sending a photo of the date and location where you received your flu shot. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed</p>	200	once/program year
Nicotine test <p>After receiving a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare provider. Costs associated with nicotine tests are the responsibility of the Go365 member. Nicotine tests are not associated with biometric screenings.</p>	400	once/program year
Biometric screening <p>Earn Points by getting your biometric screening at an approved healthcare provider or from your physician. Submit the Biometric Screening Form, available online, within 90 days of completing your screening to earn Points. Biometric screenings completed at a national vendor will submit the results automatically up to 45 days from date of service.</p> <p>The biometric screening measures your:</p>		
Body mass index (BMI)	800	once/program year
Blood pressure	400	
Blood glucose	400	
Total cholesterol	400	

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Message Center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.



WEB & APP



WEB ONLY



APP ONLY



Download on the App Store

Go365.com

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Earn Points for your everyday activities – every day!



HEALTHY LIVING

Activity

Points

Blood donation

50 up to 300/program year

Donate blood up to six times a year. Earn Points when you submit a Blood Donation Form, available online, within 90 days of the donation date or use the App to send a photo of your donation card, signed document from agency or signed work release by phone.

Nicotine test in-range results

400 once/program year

After you receive a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare practitioner. You can earn Points if the results fall within a healthy range. Go365 automatically awards in-range nicotine results for two years (current and on the first day of your next program year).

Biometric screening in-range results

Double your Points if these results are within a healthy range.

Body mass index (BMI) ≥ 18.5 and < 25 , or $\text{BMI} \geq 25$ and < 30 ,
with a waist circumference $< 40"$ for males and $< 35"$ for females

800

Blood pressure $< 130/85$ mm Hg

400

Blood glucose < 100 mg/dL or A1c $< 6.5\%$

400

Total cholesterol < 200 mg/dL or an HDL ≥ 40 mg/dL for males and
 ≥ 50 mg/dL for females

400

once/program year

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Message Center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

About biometric screening results

Go365 automatically awards in-range biometric screening results for two program years (current and on the first day of your next program year in the prevention and healthy living categories) for blood pressure, blood glucose and total cholesterol. Only your BMI needs to be rechecked every program year. Some employers may require a full biometric screening completed each year. Check with your employer or Benefits Administrator.



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Go365 activities summary.

Complete Point detail for each activity including annual maximums and limits on pages 5-9.



Education

Activity	Points	
Health Assessment full completion	500	once/program year
OR Earn 50 Points for each section you complete. Bonus Points when you complete all six sections.		
Bonus Points		
First Step Health Assessment Bonus	500	once/lifetime
Fast Start Health Assessment Bonus	250	for completion within the first 90 days of program year
Weekly log	10	weekly
Sleep diary	25	weekly up to 150/program year
Daily health quiz	2	daily
Health coaching		
Enrolling	200	once/lifetime
Three phone interactions	50	
Six email interactions or six progress note entries	50	up to 600/program year
Calculator(s)	75	up to 300/program year
CPR certification	125	once/program year
First Aid certification	125	once/program year
Update/confirm your contact information	50	once/program year
Monthly Go365.com, Humana.com or Go365 App sign-in	10	up to 120/program year
First time Go365 App sign-in	50	once/lifetime
Accept online statements	50	once/lifetime

Fitness

Activity	Points	
Daily Points		up to 50/day maximum
Steps	1	per 1,000 steps
Heart Rate	5	for every 15 minutes above 60% of maximum heart rate
Calories	5	per 100 calories if burn rate exceeds 200 calories/hr.
Participating Fitness Facility	10	once/day
Bonus Points		
Exceed 50 weekly workout Points	50	only one bonus awarded per week
Exceed 100 weekly workout Points	100	
First verified lifetime workout	500	once/lifetime
First verified workout each new program year	750	once/program year
Fitness habit	25	once/month
Sports league	350	up to 1,400/program year
Challenges		up to 100/month
Create a Challenge	50	Community
Join a Challenge	50	Community
Join a Challenge	50	Sponsored
Create or join a team	50	Sponsored
Athletic events		up to 3,000/program year
Level 1	250	
Level 2	350	
Level 3	500	

Prevention

Activity	Points	
Health screening*	400	per eligible screening
Dental exam	200	up to 400/program year
Vision exam	200	once/program year
Flu shot	200	once/program year
Nicotine test	400	once/program year

Healthy Living

Activity	Points	
Blood donation	50	up to 300/program year
Nicotine test in-range results	400	once/program year



If your biometric screening is in healthy range, you double your Points.

Biometric screening completion:

Body mass index (BMI)	800	
Blood pressure	400	
Blood glucose	400	once/program year
Total cholesterol	400	

* Subject to certain requirements and will appear as a recommended activity if they are applicable to you.

Biometric screening in-range Points:

Body mass index (BMI)	800	
Blood pressure	400	
Blood glucose	400	once/program year
Total cholesterol	400	

See page 9 for biometric screening healthy ranges.

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Message Center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward. Online statements available for Go365 members with Humana medical coverage only.



YOUR HEALTH BY THE NUMBERS



Your annual biometric screening is a way to say you care about your health and your family. It can lift you from Blue Status to higher Status levels. And it's worth 2,000 Points and Bucks in your Go365® account.

The screening is a set of quick checks

- Cholesterol
- Blood glucose
- Body mass index (BMI)
- Blood pressure
- Waist circumference
- Height and weight

Your screening will give you a better understanding of your health. Based on your results and your Health Assessment responses, you'll get recommended activities for areas where you may want to make changes to improve your health. And you'll learn your Go365 Age, a measure of whether you're living older or younger than your actual age.

Download the Go365 App today!



Join the Go365 support community
community.Go365.com

Adult children can only move a family out of Blue Status by completing a verified workout. Adult children are not eligible to earn Points or Bucks for biometric screening completion or in-range results.

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Points and Bucks breakdown

If your numbers are in healthy ranges, you can earn up to an additional 2,000 Points and Bucks. That means you can earn a total of 4,000 Points and Bucks just for completing your biometric screening and with results that show you're taking good care of yourself.

Biometric screening	Points and Bucks	Points and Bucks for in-range results
Body mass index (BMI)	800	800 – BMI ≥ 18.5 and < 25 , or BMI ≥ 25 and < 30 , with a waist circumference $< 40"$ for males, $< 35"$ for females
Blood glucose	400	400 – < 100 mg/dL or A1c $< 6.5\%$
Blood pressure	400	400 – $< 130/85$ mm Hg
Total cholesterol	400	400 – < 200 mg/dL or an HDL ≥ 40 mg/dL for males or an HDL ≥ 50 mg/dL for females
Total Points and Bucks	2,000	2,000

Adult children are not eligible to earn Points or Bucks for biometric screening completion or in-range results.

- Earn 2,000 Points for completing your screening each year.
- Go365 awards Points for in-range results in your current and next program year for blood pressure, blood glucose and total cholesterol. These Points are automatically awarded on the first day of your next program year.
- Go365 members must get their BMI checked every program year.

What to know and what to bring

To fast or not to fast?

You don't have to fast (nothing to eat or drink but water for nine to 12 hours before your screening), but for accuracy it's strongly recommended. Refer to your physician or healthcare practitioner if you are uncertain whether you should fast.

Pick a site, make your appointment

Finding a screening location is easy. Options include:

- Your primary care provider (PCP)
- LabCorp Patient Service Center
- Quest Diagnostics® Patient Service Center

Complete the appropriate form (walk-in voucher, Biometric Screening Form or download the Quest order form) on [Go365.com](https://www.go365.com) and bring it along with your Go365 or Humana member ID card or member ID number and a valid photo ID, to your screening. Quest Diagnostics Patient Service Center and Kroger Company Family of Pharmacies require registration and scheduling.

Make your appointment today





Reward yourself for **VISION** and **DENTAL** exams



This should brighten your eyes and widen your smile: You can earn Points for taking care of your vision and your dental health. Your regular exams can help you bring home fitness devices, gift cards and more from Go365™ Mall retailers.

Adults can earn up to 600 Points per program year just for routine visits.



Vision — 200 Points per eye exam
(Limit one exam per program year)



Dental — 200 Points per dental exam
(up to 400 Points per program year)

Children under 18 can earn up to 300 Points per program year.



Vision — 100 Points per eye exam
(Limit one exam per program year)



Dental — 100 Points per dental exam
(Up to 200 Points per program year)

Go365 Kids is not available with all Go365 programs.

Claiming your Points is easy

- If you're a Humana vision or dental member, you'll get your Points automatically within 48 hours once your claim has been submitted and processed.
- If you're not a Humana vision or dental member, download and submit the Prevention Activity form at Go365.com or submit photo proof on the Go365 App.

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English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call the number on the back of your ID card.

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación.

繁體中文 (Chinese): 注意：如果您使用繁體中文，您將免費獲得語言援助服務。請致電會經授權的電話號碼。



Join the Go365 support community
community.go365.com

FIGHT THE FLU

and score Points



Get your flu shot and score 200 Points

When you get and verify your flu shot, you'll earn 200 Points.

Those Points convert to Bucks for you to spend in the Go365™ Mall on gift cards, apparel, fitness gear and more.

Claim your flu shot Points:

- On the **Go365 App**, submit photo proof by tapping "Activities" on the menu
- Via **Go365.com**, submit proof electronically or download the Prevention Activity Form (click Quick Links to find it), and fax or mail it to Go365.
- Your Points will be awarded once we receive and verify your submission.
- If you have Humana medical insurance, your Points will be automatically awarded for both pharmacy and medical claims filed by Humana. You will not need to submit proof, and your Points will be awarded within 48 hours of the flu shot claim being processed.

Flu season can start in October and continue through spring. This year's strains may be completely different from last year's. Even those in good health can get the flu.

A flu shot is approved for anyone older than 6 months, including pregnant women. If you have questions, ask your healthcare provider.

Most insurance plans cover the cost of your flu shot, but you may have a copay for your provider visit.

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繁體中文 (Chinese): 注意：如果您無法用繁體中文，您將免費獲得語言援助服務。請致電會說您母語的電話號碼。

GET YOUR FLU SHOT





STEP FORWARD TO A NEW DAY

Go365 health coaching



Want to move forward with meeting a personal goal?

It's not easy going it alone. The health coaching program offered by Go365™ can help! Our coaching program gives you expert support as you create a plan that works for you. Health coaching is available to all Go365 members.

Go365 health coaching can make the life you want a little easier by helping to improve your health.

What does a health coach do?

- Clarifies your goals and priorities
- Creates a personalized plan
- Teaches you new methods to achieve your goals
- Helps you find your hidden motivation
- Provides accountability and support

What can a health coach help you with?

- Weight
- Nutrition
- Blood pressure
- Cholesterol
- Physical activity
- Blood sugar
- Tobacco
- Stress
- Back care

Earn Points for working with a health coach

Enrolling (first time enrollees only)

200 once/lifetime

Three phone interactions

Six email interactions or six progress note entries
(individually or combined)

50 Points up to 600/program year

Ready to get started?

- Sign in to your Go365 account and find health coaching under "Quick Links"
- If you use the Go365 App, tap "More->Coaching->Call a coach"
- You can also call **1-855-852-9450**

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Join the Go365 support community
community.Go365.com

HAVE FUN. SAVE MONEY. EAT HEALTHY.



Play Pick6

Save up to 50% on Great For You™ healthier foods at Walmart®.



HealthyFood. Healthy Savings.

As a Go365™ member eligible for HealthyFood, use your HealthyFood Shopping Card to save* 5% on all Great For You healthier foods at Walmart. Play Pick 6 online or on the Go365 App for a chance to win up to 50% savings, every month!

Look for qualifying items with the Great For You icon on products including fresh and canned fruits and vegetables, low-fat dairy, lean meats and some whole-grain products.

Play. Pick. Win.

- Tap six squares — the more apples you reveal, the bigger your discount — up to 50% each month
- Play early in the month — the discount you win is good for the entire month
- Your discount will be available two business days after you play Pick 6
- If you skip Pick 6 for a month, you'll get the standard 5% discount as long as you maintain Bronze Status or higher and you haven't reached the maximum \$600 annual savings limit



What — no HealthyFood Shopping Card?

Let's fix that fast. After you reach Bronze Status or higher, request your Shopping Card via **Go365.com** or the App.



Go365 is not an insurance product. Not available with all Humana health plans.

Go365 members must have Bronze Status or higher and must be 18 years of age or older to be eligible to participate in HealthyFood. HealthyFood is not available to all Go365 members and is only available with certain plans or products offered by Humana. To check your Status or see if you are eligible for HealthyFood, sign in to your Go365.com account. For a listing of all qualifying Great For You healthier food items, visit the HealthyFood page on Go365.com or check Walmart.com. HealthyFood is only available at Walmart Neighborhood Markets and Walmart retail stores. Sam's Club stores and Walmart.com are excluded from HealthyFood.

*Standard program savings on Great For You healthier foods is 5%. Any increase in savings is variable and based on an eligible member playing the HealthyFood Pick 6 game. For complete Pick 6 game details, see Frequently Asked Questions online or on the Go365 App. Reach Bronze Status within 90 days of your Go365 program start or renewal date to remain eligible for program savings. Contact your HR department, or refer to your Plan Summary or Explanation of Benefits to determine program start date. If your savings appear inaccurate, sign in to your Go365.com account and visit the Communication Center to send us a secure message. Sending us a secure message is the best way to reach us while protecting your privacy.

Humana Inc. and its subsidiaries ("Humana") do not discriminate on the basis of race, color, national origin, age, disability or sex.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you.

Call **1-800-281-6918 (TTY: 711)**.

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al **1-800-281-6918 (TTY: 711)**.

繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-281-6918 (TTY: 711)**。

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HAVE FUN

with Go365 Kids



Get healthier—and earn Points—together with Go365® Kids

Now, the family that gets moving and healthier together gets rewarded together. Go365 Kids gets the whole family into the action! Your kids can play a part in your family's well-being by earning Points when they do "kid" things – like playing on a soccer team – or when you do other activities that are good for their health – like get their shots and preventive screenings.

Your kids can earn Points, good toward your family's total

When your kids (dependents under 18) are part of your Go365 program, they'll earn Points that contribute to your family's overall Point total and Go365 Status.

Activity

Points



Health Assessment

The Kids Health Assessment covers a child's physical activity, nutrition, lifestyle and well-being. You get a better understanding of your children's current health and the areas that need improvement. Points are not awarded for Kids Health Assessment completion.



Prevention (up to 500 Points per program year per child)

Kid's preventive care visit	200
Kid's dental exam	100 (up to 200/program year)
Kid's vision exam	100
Kid's immunizations	100
Kid's flu shot	100



Fitness

Kid's sports league	100 each (up to 200/program year)
Kid's athletic events	50 each (up to 200/program year)



Events

Employer-sponsored events	10 – 100 (up to 200/program year)
---------------------------	--

Children can contribute up to a maximum of 1,000 Points per program year.



Join the Go365 support community
community.Go365.com

Your kids learn about being healthy from you

When you take a walk with your kids, make a healthy meal together or get tests they need to stay healthy, you show them how important it is to take care of their health.

Go365 is not an insurance product. Not available with all Humana health plans.

We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Message Center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

COMPATIBLE FITNESS DEVICES



GET REWARDED

by connecting
your fitness
device to Go365®



EARN POINTS USING DEVICES FROM THESE MANUFACTURERS

Points awarded for verified workouts available on Go365.com and Go365 App				Points awarded for Go365 App-only activities					
Activity tracker	Steps	Calories	Heart rate	Food	Weight*	Sleep	Health quiz	Blood pressure*	Glucose*
Humana Gear pedometers	✓								
Fitbit	✓					✓			
UP by Jawbone	✓					✓			
Polar		✓	✓						
Garmin	✓	✓	✓			✓			
Withings	✓	✓						✓	
Misfit	✓								
iHealth	✓							✓	✓
Qardio					✓			✓	
Expresso		✓	✓						
Mobile apps	Steps	Calories	Heart rate	Food	Weight*	Sleep	Health quiz	Blood pressure*	Glucose*
Apple Health	✓				✓	✓			
Samsung Health	✓			✓	✓	✓			
Runkeeper		✓							
Strava		✓							
Moves	✓								
Life Fitness		✓							
RunDouble C25K		✓							
MyFitnessPal				✓	✓				
Health IQ							✓		

*Adult children are not eligible to earn Points or Bucks for these activities.

See Compatible Fitness Devices section for specific devices that work within the Go365 experience.

Note: Apple Watch and Samsung Gear devices are compatible with mobile apps. Third-party devices connected through Apple Health and Samsung Health will not sync to Go365. To ensure the proper data transfers from Apple Health, please be sure to sign in to the Go365 App after your daily activity.

COMPATIBLE FITNESS DEVICES

Activity tracker manufacturer	Device			
Humana Gear	g1.0 Pedometer g2.0 Pedometer			
Fitbit	Fitbit Classic Fitbit Ultra Fitbit One Fitbit Zip	Fitbit Flex Fitbit Force Fitbiwge Fitbit Charge	Fitbit Charge HR Fitbit Charge 2 Fitbit Alta Fitbit Blaze	Fitbit Flex 2 Fitbit Alta HR
Garmin	Running: All Garmin Forerunner devices are compatible with Go365			
	Biking: All Garmin Edge devices are compatible with Go365	Outdoors: All Garmin Fenix devices are compati-ble with Go365	Vivos: All Garmin Vivo devices are compatible with Go365	
iHealth	Edge			
Jawbone	Jawbone UP Jawbone UP24	Jawbone UP2 Jawbone UP3	Jawbone UP4 Jawbone UP Move	
Misfit	Shine Shine 2 Speedo Shine	Flash	Ray	Phase
Polar	All Polar devices are compatible with Go365			
Withings	Pulse Activité	Activité Pop Go	Steel HR	

HOW POINTS ARE AWARDED



Verified workouts

Steps	Earn 1 Point per 1,000 steps.
Calories	Earn 5 Points per 100 calories if burn rate exceeds 200 calories/hour. (For app-based trackers, the GPS feature of the phone needs to be active, and the workout should take place outdoors or in an area with GPS signal reception.)
Heart rate	<p>Earn 5 Points for every 15 minutes you spend above 60% of your maximum heart rate. Your maximum heart rate is calculated by subtracting your age from 220.</p> <p>Notice: Persons who have a pacemaker or other electronic medical device use a heart rate monitor at their own risk. It is strongly recommended that persons with a pacemaker or other electronic medical device consult with their doctor before beginning an exercise regimen and using a heart rate monitor. A doctor may suggest an exercise test under his or her supervision to determine the appropriate intensity level for exercise and to ensure the simultaneous use of the medical device and heart rate monitor is safe for you.</p>

Bonus Points

	Earn 50 bonus Points when you earn more than 50 workout Points in a week. Earn 50 additional bonus Points when you earn more than 100 workout Points in a week.
Calculating daily fitness Points	Each day, Go365 will look at Points earned across all workout types and award the category with the highest value for that day. Points are awarded for one workout type per 24-hour period from 12:00 a.m. – 11:59 p.m. Week is defined as Sunday–Saturday. Go365 members may earn a maximum of 50 daily fitness Points.

Go365 App-only activities

Food	Log daily food consumption to earn 10 Points per week (weekly log activity).
Weight*	Log your weight to earn 10 Points per week (weekly log activity).
Sleep	Sleep seven or more hours per day for five days in a calendar week (Sunday–Saturday) to earn 25 Points per week, up to 150 Points per program year.
Daily health quiz	Complete a quiz using HealthIQ to earn 2 Points per day.
Blood pressure*	Record your blood pressure to earn 10 Points per week (weekly log activity).
Glucose*	Record your blood glucose to earn 10 Points per week (weekly log activity).

*Adult children are not eligible to earn Points or Bucks for these activities.



Go365 is not an insurance product. Not available with all Humana health plans.

Devices may be added or removed without warning. This grid is updated periodically to reflect changes. For the most up-to-date list, refer to **Go365.com** or the Go365 App.

Go365.com

GETTING TO **SILVER STATUS**

You're off to a great start. Now it's time to earn Points so you can move up to Silver Status. Earn Points in Go365™ by completing activities online or using the Go365 App.

Here are all the ways you can earn Points in Go365:

- **Activities** - Things you can do every day to get healthier
- **Recommended Activities** - Created just for you based on your Heath Assessment responses
- **Go365 Kids** - Points for activities that are good for kids' health
- **Challenges** - Compete against friends and co-workers

While you can choose any qualified activity, here are popular activities you may complete to reach Silver Status in the first 12 weeks of your Go365 program year.

Individual (5,000 Points)

Activity	Point Value
Health Assessment (all sections)	500
Bonus - Health Assessment 90-day completion (all sections)	250
Bonus - First step Health Assessment (once per lifetime) (all sections)	500
Biometric screening completion	2,000
In healthy range biometric screening results:	
Blood pressure	400
Blood glucose	400
Dental exam	200
Flu shot	200
Daily fitness Points (over 12 weeks):	
Two fitness facility workouts per week (10 Points x 24 workouts)	240
Complete an organized 5K walk or run	250
Calculators (x1)	75
Total Points	5,015



Bonus Bucks! Earn 500 Bonus Bucks when you reach Silver Status. Earn 1,000 Double Bonus Bucks when you reach Silver Status for the first time or if your prior year highest Status was Silver.



Go365 is not an insurance product. Not available with all Humana health plans.

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INDIVIDUAL



GETTING TO **SILVER STATUS**

Give the whole family a boost! Get to Silver Status together by earning Points through activities, Challenges and even Go365 Kids.

Family; 2 adults + child (8,000 Points)

5,000 Points for primary Go365 member + 3,000 Points for additional adult family member

Activity	Point Value
Health Assessment (2 adults; 500 Points x 2)	1,000
Bonus - Health Assessment 90-day bonus (2 adults; 250 Points x 2)	500
Bonus - First step Health Assessment (2 adults; 500 Points x 2)	1,000
Biometric screening completion (2 adults; 2,000 Points x 2)	4,000
In healthy range biometric screening results (1 adult):	
BMI	800
Calculators (1 adult; 75 Points x 4)	300
Blood donation (1 adult; 50 Points x 2)	100
Sports league participation (1 adult)	350
Monthly Go365.com visit (1 adult; 10 Points x 12 months)	120
Daily fitness Points (1 adult; over 12 weeks):	
8,000 steps per day achieved 5 days per week (8 Points x 60 days)	480
First lifetime verified workout (1 adult)	500
First verified workout of the new program year (1 adult)	750
Kids sports league (100 Points x 2)	200
Kids preventive care visit	200
Kids dental exam	100
Total Points	8,400

Adult children are not eligible to earn Points or Bucks for Health Assessment, biometric screening completion or for having in healthy range results.



Bonus Bucks! Earn 500 Bonus Bucks when you reach Silver Status. Earn 1,000 Double Bonus Bucks when you reach Silver Status for the first time or if your prior year highest Status was Silver.

We'll award your adult family members, too! Each adult family member will receive 250 Bonus Bucks for reaching Silver Status. Adult family members will earn 500 Double Bonus Bucks when you reach Silver Status for the first time or if your prior year highest Status was Silver. That's a lot of buying power!

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We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your health care practitioner) to develop another way to qualify for the reward.

Humana, Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

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注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-877-320-1235 (TTY：711)。



GETTING TO **GOLD STATUS**

You've made it this far. Take the next step. Earn more Points so you can move up to Gold Status. Earn Points in Go365™ by completing activities online or using the Go365 App.

Here are all the ways you can earn Points in Go365:

- **Activities** - Things you can do every day to get healthier
- **Recommended Activities** - Created just for you based on your Health Assessment responses
- **Go365 Kids** - Points for activities that are good for kids' health
- **Challenges** - Compete against friends and co-workers

While you can choose any qualified activity, here are popular activities you may complete to reach Gold Status in the first 12 weeks of your Go365 program year.

Individual (8,000 Points)

Activity	Point Value
Health Assessment (all sections)	500
Bonus - Health Assessment 90-day completion (all sections)	250
Bonus - First step Health Assessment (one per lifetime)	500
Biometric screening completion	2,000
In healthy range biometric screening results:	
Blood pressure	400
Blood glucose	400
Total cholesterol	400
CPR certification	125
Join a Challenge (x2)	
50 Points to join Challenge + 50 Points to join challenge team	200
Fitness habit Milestone (25 Points x 2)	50
Dental exam	200
Flu shot	200
First lifetime verified workout	500
First verified workout of the new program year	750
Daily fitness Points (over 12 weeks):	
Three fitness facility workouts per week (10 Points x 36 workouts)	360
10,000 steps per day (achieved 1 day per week) (10 Points x 12 days)	120
8,000 steps per day (achieved 3 days per week) (8 Points x 36 days)	288
Only one type of daily workout Points awarded per day.	
Bonus - exceeded 50 weekly workout Points (50 Points x 12 weeks)	600
Complete a 10K run	350
Calculators (75 Points x2)	150
Total Points	8,343



Bonus Bucks! Earn 1,500 Bonus Bucks when you reach Gold Status. Earn 3,000 Double Bonus Bucks when you reach Gold Status if your prior year highest Status was Gold.



GETTING TO **GOLD STATUS**

The whole family can go for the Gold Status together by earning Points through activities, Challenges and even Go365 Kids.

Family; 2 adults + child (12,000 Points)

8,000 Points for Primary Go365 member + 4,000 Points for additional adult family member

Activity	Point Value
Health Assessment (2 adults; 500 Points x 2)	1,000
Bonus - Health Assessment 90-day bonus (2 adults; 250 Points x 2)	500
Bonus - First step Health Assessment (2 adults; 500 Points x 2)	1,000
Biometric screening completion (2 adults; 2,000 Points x 2)	4,000
In healthy range biometric screening results (1 adult):	
BMI	800
Total cholesterol	400
Calculators (1 adult; 75 Points x 4)	300
Blood donation (1 adult; 50 Points x 2)	100
Sports league participation (1 adult)	350
Monthly Go365.com visit (2 adult; 10 Points x 12 months)	240
First lifetime verified workout (1 adult)	500
First verified workout of the new program year (1 adult)	750
Daily fitness Points (1 adult; over 12 weeks):	
Two fitness facility workouts per week for 12 weeks (10 Points x 24 workouts)	240
12,000 steps per day (achieved 1 day per week) (12 Points x 12 days)	144
7,500 steps per day (achieved 2 days per week) (7 Points x 24 days)	168
Only one type of daily workout Points awarded per day.	
Vision exam (1 adult)	200
Flu shot (2 adults; 200 Points x 2)	400
Dental exam (1 adult; 200 Points x 2)	400
Daily health quiz Milestone (1 adult; 2 Points x 30 days)	60
Kids sports league (100 Points x 2)	200
Kids preventive care visit	200
Kids dental exam	100
Total Points	12,052

Adult children are not eligible to earn Points or Bucks for Health Assessment, biometric screening completion or for having in healthy range results.

Bonus Bucks! Earn 1,500 Bonus Bucks when you reach Gold Status. Earn 3,000 Double Bonus Bucks when you reach Gold Status if your prior year highest Status was Gold.

We'll award your adult family members, too! Each adult family member will receive 750 Bonus Bucks for reaching Gold Status, and 1,500 Double Bonus Bucks if your prior year highest Status was Gold. That's a lot of buying power!

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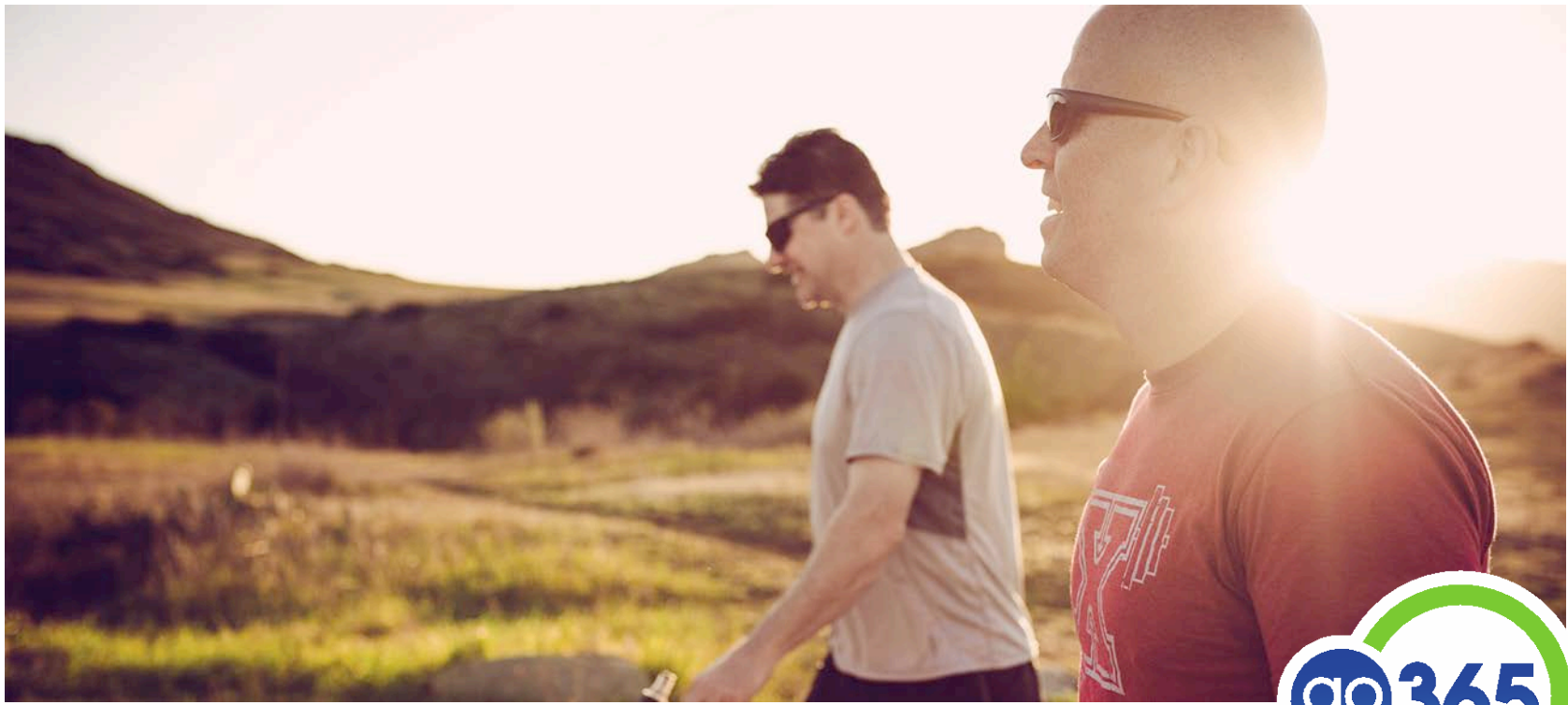
Member Registration Guide

This guide covers Go365 registration based on two member types. Reference the applicable slides based on member type:

1. Humana Medical Members (members who have Humana insurance)
See slides 3-9
2. Go365 Standalone Members (members who do not have Humana medical insurance)
See slides 10-15

See remaining slides for next steps after registration!



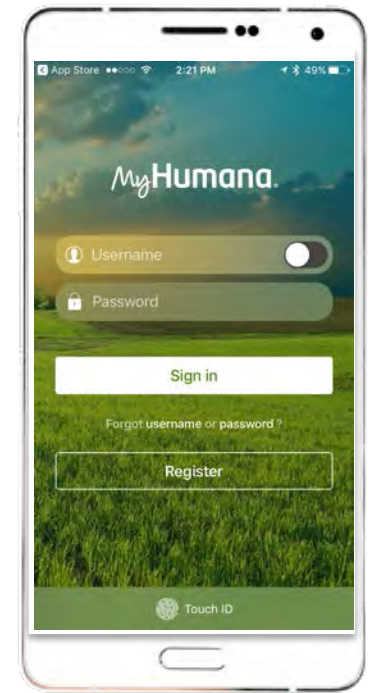
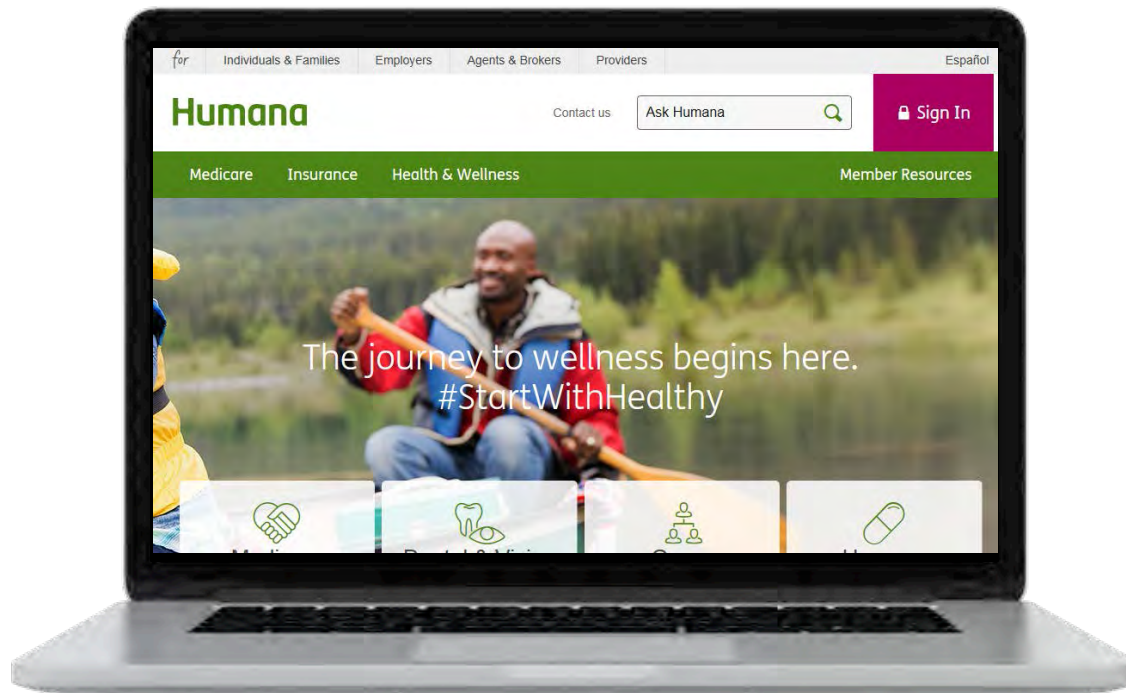


Humana Medical Member Registration Instructions

(members who have Humana insurance)

Two Ways to Register for Go365™

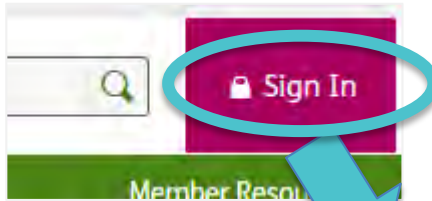
1. Humana.com*
2. MyHumana App (available in the Apple and Google Play Stores)



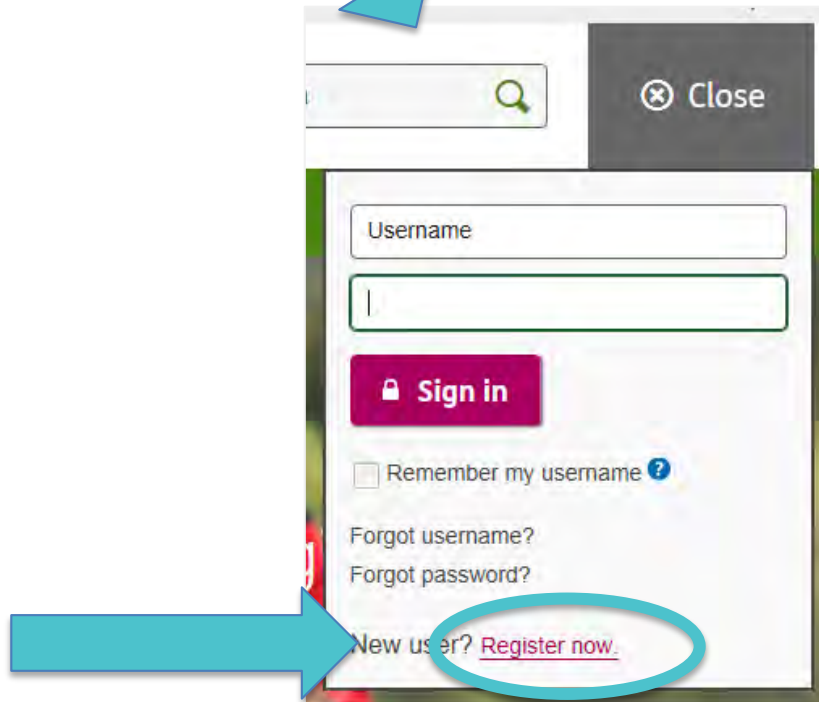
*If you attempt to register on Go365.com or the Go365 App, you will be prompted to register on Humana.com or the MyHumana App. Once you register, use the same username and password directly on Go365.com and the Go365 App to access Go365 moving forward!

Select the Register button on Humana.com or in the MyHumana App

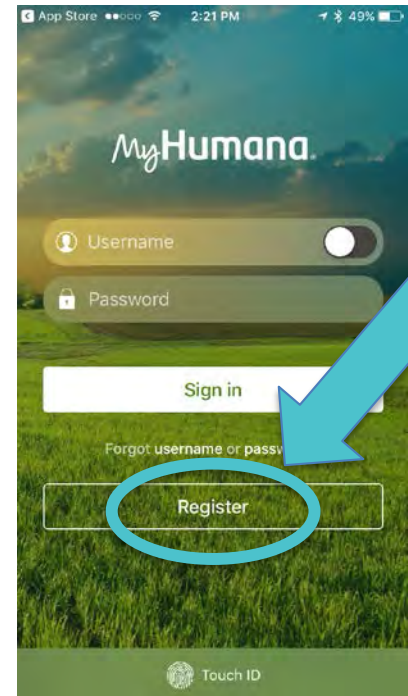
Humana.com



Click the “Sign In” button to expand window and view the “Register now” button



MyHumana App



Select “Member” and click “Get Started” button

The screenshot shows the Humana Registration page. A large teal arrow points from the top left towards the 'Member' option in the registration type list. The 'Member' option is circled in teal. Another teal arrow points from the 'Get Started' button at the bottom towards the list of benefits. The 'Get Started' button is also circled in teal.

Registration
Start here to register for access

Select your registration type

- Member
- Provider
- Dentist
- Pharmacist
- Employer
- Agent/broker or agency

Why use MyHumana?
Once you've registered, you can:

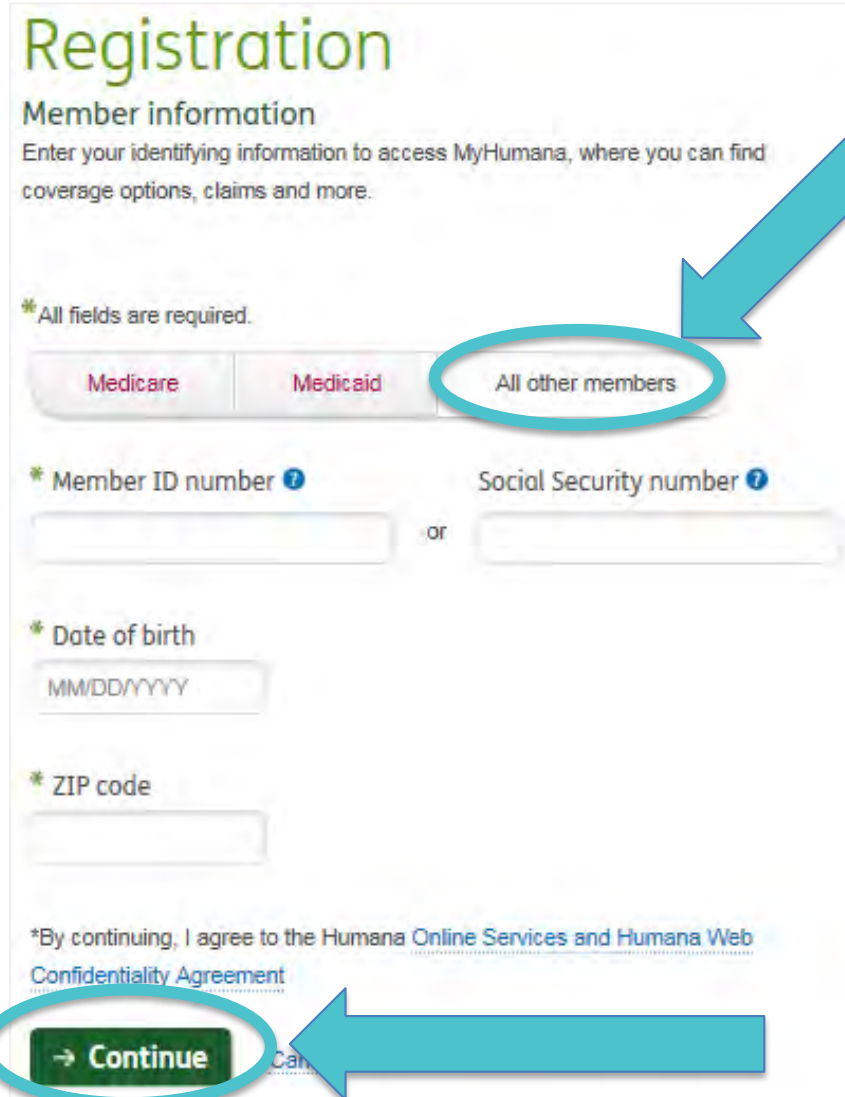
- Choose how you want to receive information from Humana: Online or in Print
- View your coverage and benefits details
- Check the status of your claims
- Find in-network doctors, hospitals, pharmacies and urgent care centers
- Update your contact information

HumanaOne Dental Preventive, Loyalty Plus, Value Plan(h1214 or C550), Discount, Vision Care Plan, or Humana Vision only members can register here.

→ Get Started

Already registered? [Sign in](#)
Not a member?
New Go365™ by Humana member? [Sign in to Go365](#)

Select “All other members,” complete your member identifying information, then select the “Continue” button



The image shows a web registration form titled "Registration" with the subtitle "Member information". Below the title, it says "Enter your identifying information to access MyHumana, where you can find coverage options, claims and more." A note states "*All fields are required." There are three tabs: "Medicare", "Medicaid", and "All other members". The "All other members" tab is circled in red, and a red arrow points to it from the right. Below the tabs, there are two input fields: "Member ID number" and "Social Security number", separated by "or". Below these are fields for "Date of birth" (with a placeholder "MM/DD/YYYY") and "ZIP code". At the bottom, there is a checkbox for "By continuing, I agree to the Humana Online Services and Humana Web Confidentiality Agreement". The "Continue" button is circled in red, and a red arrow points to it from the right.

Registration

Member information

Enter your identifying information to access MyHumana, where you can find coverage options, claims and more.

*All fields are required.

Medicare Medicaid **All other members**

* Member ID number Social Security number

or

* Date of birth

MM/DD/YYYY

* ZIP code

*By continuing, I agree to the Humana Online Services and Humana Web Confidentiality Agreement

→ Continue

- Your member ID number is a 9-digit number
- Enter your date of birth with all eight digits (i.e. 10/1/1985)
- Zip code must match the zip code currently on file with Humana. If you recently moved and your zip code isn't being accepted, try using your old one.

Create a Username and Password

The screenshot shows a registration form with the following fields and requirements:

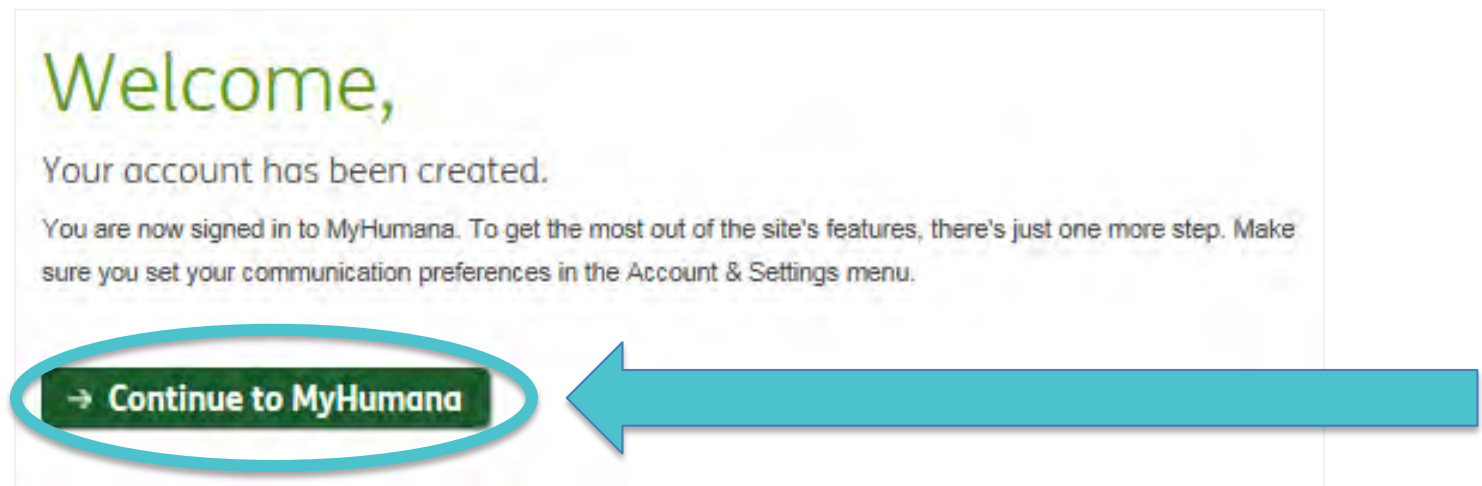
- Username and password**
 - * Required**
 - * Email** (text input)
 - * Confirm email** (text input)
 - * Create username** (text input)
 - (6 to 15 letters and/or numbers, no spaces or special characters, not your member ID)
 - * Password** (text input)
 - (8 to 15 characters, not your user ID, at least 1 number, at least 1 lowercase letter, no special characters other than # * \$ or @)
 - * Confirm password** (text input)
 - * Security question** (dropdown menu)
 - Select a security question
 - * Security response** (text input)
- Submit** button (green with a right arrow icon)

A large blue arrow points from the right towards the Submit button, which is circled in red.

- All fields are required
- Username requirements:
 - ✓ 6-15 characters (letters and/or numbers)
 - ✓ No spaces or special characters
 - ✓ Do not use your member ID or Social Security Number
- Password requirements:
 - ✓ Minimum of 8 to 15 characters
 - ✓ Must include at least one number
 - ✓ Case sensitive
 - ✓ No special characters other than # * or @

Keep your username and password in a safe place for future use!

Congratulations! Registration is complete. Continue to Humana.com and use your newly created username and password to access Go365 directly on Go365.com or the Go365 App!



Note: before accessing Go365 online or through the App, you will need to accept the program terms and conditions by selecting "I agree."

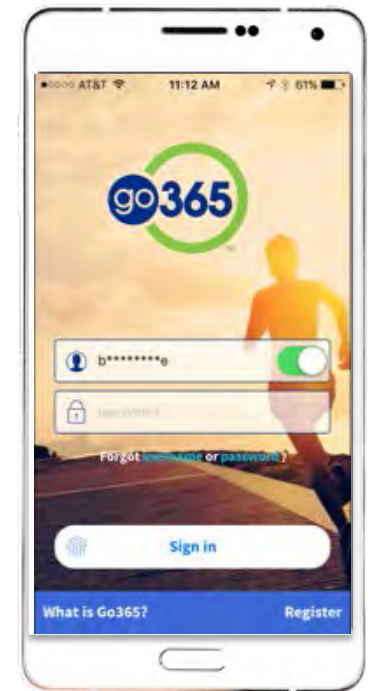
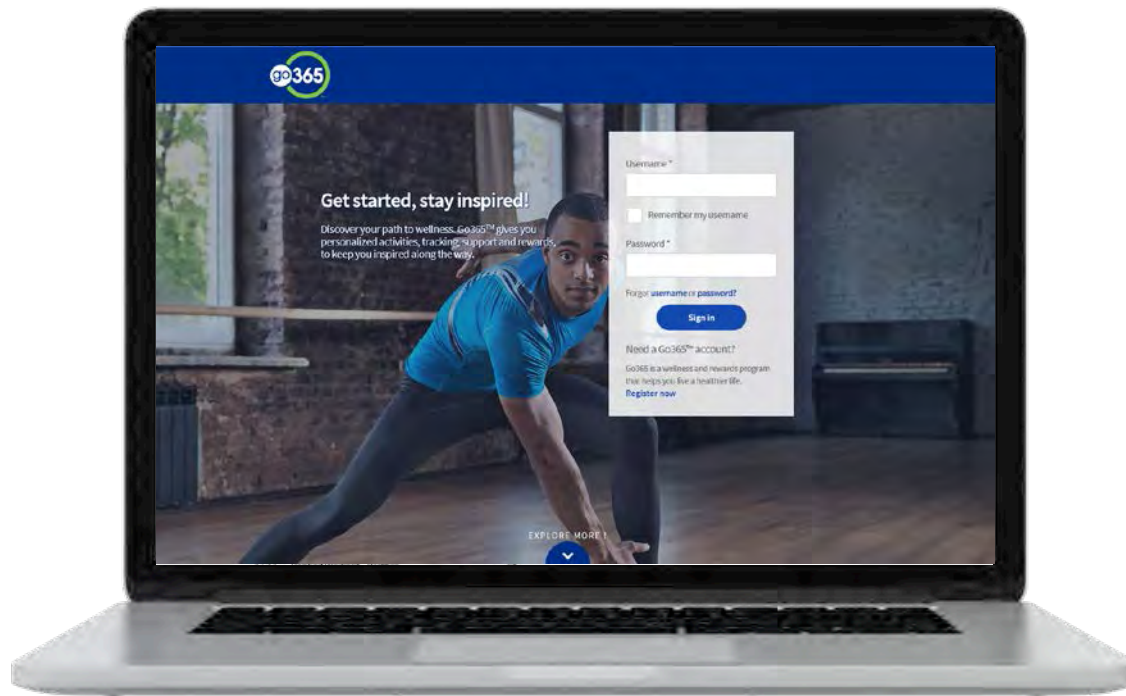


Go365 Standalone Member Registration Instructions

(members who do not have Humana medical insurance)

Two Ways to Register for Go365™

1. [Go365.com](https://go365.com)*
2. Go365 App (available in the Apple and Google Play Stores)



Select the Register button on Go365.com or in the App

Go365.com

Get started, stay inspired!

Discover your personal rewards, to keep you motivated.

go365™

username

password

[Forgot username or password?](#)

[Sign in](#)

Need a Go365™ account?

Go365 is a wellness and rewards program that helps you live a healthier life.

[Register now](#)

go365™

username

password

[Sign in](#)

[Register](#)

Go365 App

Complete your member identifying information then select the “Continue” button

Registration

Member information

Enter your identifying information to access Go365™, where you can find the tools and support to help you live a healthier life.

If you are a Humana Medicare member, please access Go365 through MyHumana by registering at [Humana.com](https://www.humana.com).

*Required

Member ID number * ?

or

Social Security number (Optional) ?

Date of birth *

ZIP code *

By continuing, I agree to the [Go365 Online Services and Go365 Web Confidentiality Agreement](#)

Continue

- Your member ID number is a 9-digit number
- Enter your date of birth with all eight digits (i.e. 10/1/1985)
- Zip code must match the zip code currently on file with Go365. If you recently moved and your zip code isn't being accepted, try using your old one.

Create a Username and Password

Registration

Username and password

*Required

Email

Confirm email

Create username

6 to 15 letters and/or numbers, no spaces or special characters, and not your member ID

Password

Confirm password

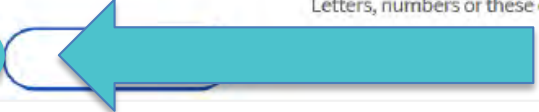
Minimum of 8 to 15 characters, not your username, at least 1 number, and no special characters other than # * \$ or @

Security question

Security question response

Letters, numbers or these characters (., ' -) only

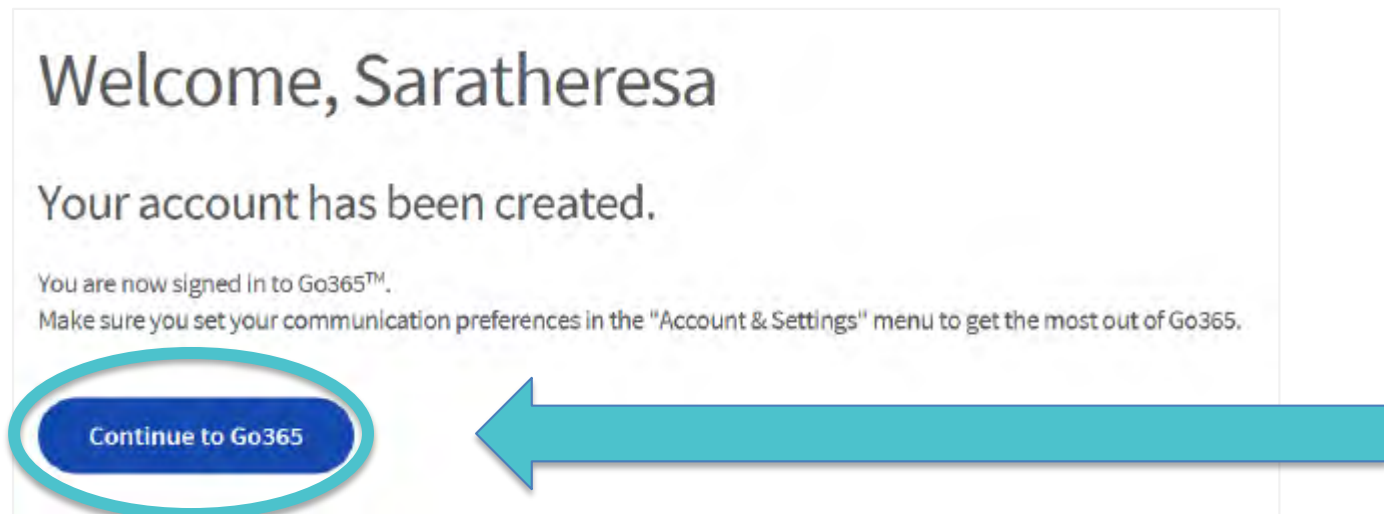
Submit



- All fields are required
- Username requirements:
 - ✓ 6-15 characters (letters and/or numbers)
 - ✓ No spaces or special characters
 - ✓ Do not use your member ID or Social Security Number
- Password requirements:
 - ✓ Minimum of 8 to 15 characters
 - ✓ Must include at least one number
 - ✓ Case sensitive
 - ✓ No special characters other than # * or @

Keep your username and password in a safe place for future use!

Congratulations! Registration is complete. Select “Continue to Go365” and get going on your personalized journey!



Note: before accessing Go365 online or through the App, you will need to accept the program terms and conditions by selecting “I agree.”

Looking for next steps? Get out of Blue Status by doing one of the following:

1. Complete any section of the Health Assessment

- Select “Go365 Health Assessment” from the online or App dashboard to complete.

2. Get a biometric screening

- Select “Activities” after signing into Go365.com > find “Biometric Screening” under the “All” category > click “View details” for more information to complete.

3. Log a verified workout

- Select “Quick Links” after signing into Go365.com or access settings in the Go365 App to review device connections or search participating fitness facilities online under “Quick Links.” Review [this compatibility grid](#) and [video](#) for more information to complete.

Adult children can only move a family out of Blue Status by completing a verified workout

Activities and Points

Points listed are per program year unless stated otherwise.



Education

Activity	Points
Health Assessment	
○ Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year.	500
Health Assessment sections	
○ OR >> Get Active >> Eat Better >> Reduce Stress >> Live Well >> Know Your Health >> Introduce Yourself <i>200 bonus Points when you complete all six sections</i>	50
Bonus Points	
○ First Step Health Assessment	500 once/lifetime
○ Fast Start Health Assessment	250
○ Weekly log*	10 weekly
○ Sleep diary*	25 weekly (up to 150/program year)
○ Daily health quiz*	2 daily
Health coaching*	
○ Enrolling (first time enrollees only)	200 once/lifetime
○ Three phone interactions	50
○ Six email interactions or six progress note entries (individually or combined)	50 up to 600/program year
○ Calculators	75 each (up to 300/program year)
○ CPR certification	125
○ First-aid certification	125
○ Update/confirm contact information	50
○ Monthly Go365.com, Humana.com or Go365 App sign-in	10 (up to 120/program year)
○ First time Go365 App sign-in	50 once/lifetime
○ Accept online statements	50 once/lifetime
Available for Go365 members with Humana medical coverage.	

*Activities will award Points under Personalized Activities on your Go365 Statement.

Maximum Points for Health Assessment completion per program year is 500. Fast Start bonus awarded for full Health Assessment completion within the first 90 days of your program year.

Prevention

Activity	Points
○ Health screening*	400 per eligible screening
○ Dental exam	200 per exam (up to 400/program year)
○ Vision exam	200
○ Flu shot	200
○ Nicotine test**	400
Biometric screening completion	
○ Body mass index (BMI)	800
○ Blood pressure	400
○ Blood glucose	400
○ Total cholesterol	400

*Subject to certain requirements and will appear as a recommended activity if they are applicable to you. **Cost associated with nicotine tests are the responsibility of the Go365 member. Nicotine tests are not associated with biometric screenings.

Activities and Points

Points listed are per program year unless stated otherwise.



Healthy living

Activity	Points
<input type="radio"/> Blood donation	50 each (up to 300/ program year)
<input type="radio"/> Nicotine test (in-range results)	400
Biometric screening (in-range results)	
<input type="radio"/> Body mass index ≥ 18.5 and < 25 , or BMI ≥ 25 and < 30 , with a waist circumference $< 40"$ for males and $< 35"$ for females	800
<input type="radio"/> Blood pressure (systolic and diastolic) $< 130/85$ mm Hg	400
<input type="radio"/> Blood glucose < 100 mg/dL or A1c $< 6.5\%$	400
<input type="radio"/> Total cholesterol < 200 mg/dL or an HDL ≥ 40 mg/dL for males and ≥ 50 mg/dL for females	400

Fitness

Activity	Points
Verified workout types:	up to 50/day
<input type="radio"/> Steps*	1 Point per 1,000 steps
<input type="radio"/> Heart Rate (HR)*	5 Points for every 15 minutes above 60% of maximum HR
<input type="radio"/> Calories*	5 Points per 100 calories if burn rate exceeds 200 calories/hour
<input type="radio"/> Participating fitness facility*	10 per daily visit
Bonus Points	
<input type="radio"/> Exceeded 50 weekly workout Points	50 only one bonus awarded per week
<input type="radio"/> Exceeded 100 weekly workout Points	100
<input type="radio"/> First lifetime verified workout	500
<input type="radio"/> First verified workout each new program year	750
<input type="radio"/> Fitness habit**	up to 25/month
<input type="radio"/> Sports leagues	350 Points per league team (Up to 1,400/program year)
Challenges**	up to 100/month total for all Challenge-related activities
Sponsored Challenges are set up by employers or Go365. Community Challenges are set up by members.	
<input type="radio"/> Create a Challenge – community	50
<input type="radio"/> Join a Challenge – community	50
<input type="radio"/> Join a Challenge – sponsored	50
<input type="radio"/> Create or join a team – sponsored	50
Athletic events	
(running, walking, cross-country skiing, cycling, triathlon)	
(Up to 3,000/program year)	
<input type="radio"/> Level 1 (example: 5K)	250
<input type="radio"/> Level 2 (example: 10K)	350
<input type="radio"/> Level 3 (example: half-marathon)	500

*Calculating daily fitness Points: Each day, Go365 will look at Points earned across all workout types and award the category with the highest value for that day. Points are awarded for one workout type per day. Week is defined as Sunday — Saturday. Maximum of 50 daily fitness Points can be awarded.

**Activities will award Points under Personalized Activities on your Go365 Statement.



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



[illegible]

Discrimination is against the law

Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

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If you need these services, call the number on your ID card (TTY: 711) or email accessibility@humana.com.

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If you need help filing a grievance, call the number on your ID card or if you use a TTY, call 711.

You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, D.C. 20201, **1-800-368-1019**, **800-537-7697 (TDD)**.

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

Multi-Language Interpreter Services

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call the number on your ID card (TTY: 711)... ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación (TTY: 711)... 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電會員卡上的電話號碼 (TTY: 711)... CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số điện thoại ghi trên thẻ ID của quý vị (TTY: 711)... 주의 : 한국어를 사용하시는 경우 , 언어 지원 서비스를 무료로 이용하실 수 있습니다 . ID 카드에 적혀 있는 번호로 전화해 주십시오 (TTY: 711)... PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero na nasa iyong ID card (TTY: 711)... ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Наберите номер, указанный на вашей карточке-удостоверении телетайп: (711)... ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki sou kat idantite manm ou (TTY: 711)... ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro figurant sur votre carte de membre (ATS: 711)... UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Proszę zadzwonić pod numer podany na karcie identyfikacyjnej (TTY: 711)... ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número presente em seu cartão de identificação (TTY: 711)... ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero che appare sulla tessera identificativa (TTY: 711)... ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Wählen Sie die Nummer, die sich auf Ihrer Versicherungskarte befindet (TTY: 711)... 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。お手持ちのIDカードに記載されている電話番号までご連絡ください (TTY: 711)...

توجه: اگر بہ زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد.
با شماره تلفن روی کارت شناسایی تان تماس بگیرید (TTY: 711)...

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hólq, námboo ninaaltsoos yézhí, bee nées ho'dółzin bikáá'ígíí bee hólne' (TTY: 711)...

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم الهاتف الموجود على بطاقة الهوية الخاصة بك (TTY: 711).