

Ready. Set.



CAPTURE LIFE REWARDS

Earn plenty of Points



**GET
ACTIVE**



**LIVE
HEALTHY**



**ENJOY
REWARDS**

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!



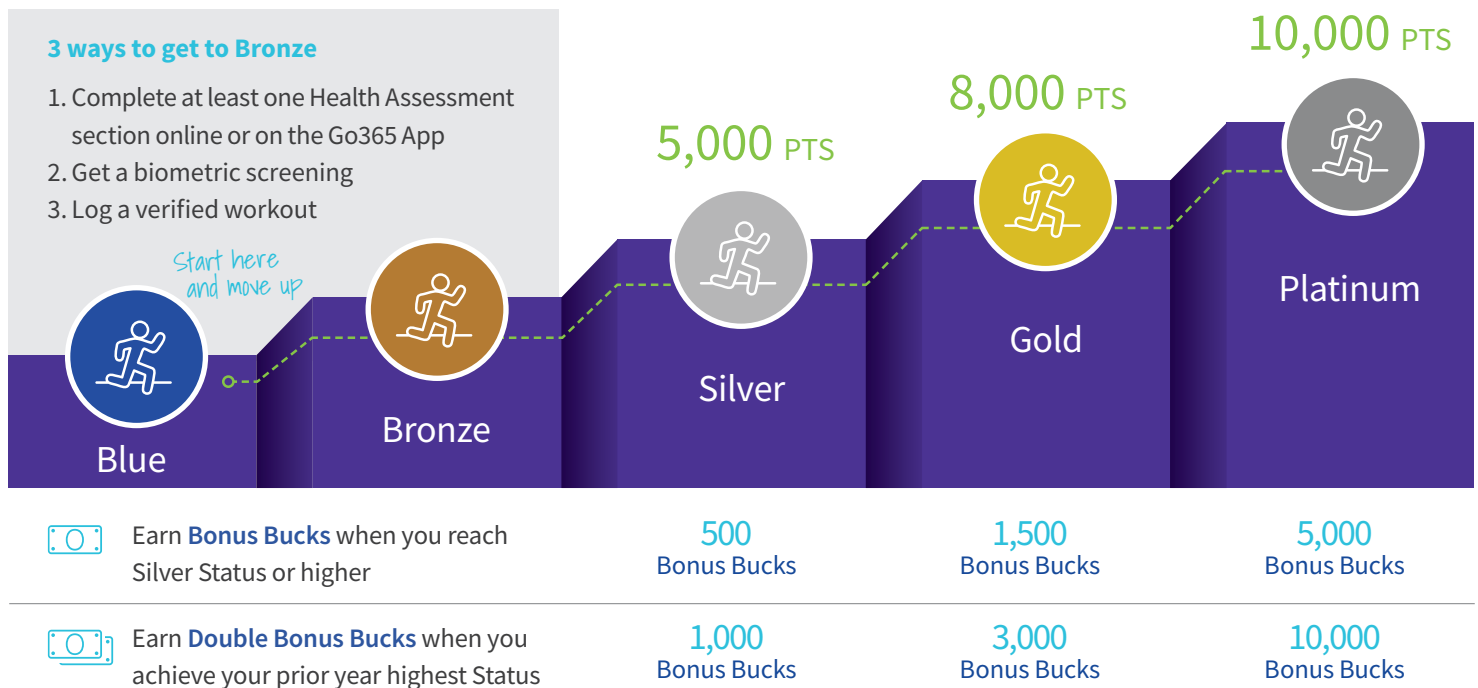
More Points, higher Status

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

3 ways to get to Bronze

1. Complete at least one Health Assessment section online or on the Go365 App
2. Get a biometric screening
3. Log a verified workout



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. Bonus Bucks apply to the 30,000 Bucks maximum each adult member can earn in a program year.



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Stay connected with Go365

Participate when, where and how you want

Whether you go online or are on the go, Go365 goes right along with you. Engage and track your wellness journey through a best-in-class digital experience that was designed just for you.

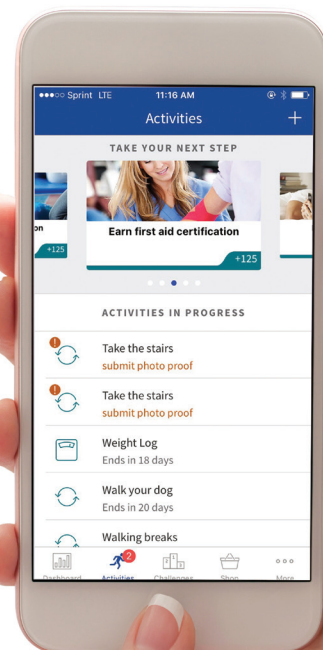
Go365 puts you in the driver's seat. There are lots of ways to get started and start earning Points. Sign in online or with the App to unlock recommended activities that are personalized just for you.

Then track your Points and watch your Bucks build up. Go365 connects to dozens of the most popular activity tracking apps, more than 75 fitness devices and over 40,000 participating fitness facilities, so you can earn rewards for healthy activities you're already doing. Plus, the App makes it even easier to track your activities—just snap and send a picture.

*Make the connection
so you don't miss out
on rewards!*

Get it done online or on the go

- View personalized dashboard
- Take your Health Assessment
- Connect your compatible fitness devices or tracking apps
- Unlock activities
- Track Points
- Submit a picture
- Reach out to the Go365 Community
- Join a Challenge



Unlock activities

Watch your success lead to your well-being

Go365 is for anyone, at any stage... no matter what shape you're in or how hard you work out. Go365 knows what it takes to motivate and reward you to make healthier choices for life.

Activities	These are simple things you can do every day to get healthier. Tracking your steps, getting a flu shot, going for a bike ride—these are easy ways to keep moving forward with Go365.
Recommended activities	Once you complete your Health Assessment, you'll get personalized activities based on your responses. Because recommended activities are created just for you, they can have a big impact on your overall health. Plus, you earn more Points for each one you complete.
Challenges	Earn Points by going head-to-head against your friends and co-workers and compete for the most steps taken or pounds lost.

Have some healthy fun

Getting healthier is a lot more fun with Go365. Earn Bucks you can use in the Go365 Mall for e-gift cards from Amazon.com, Target, Lowe's and Spafinder, the latest activity trackers from Fitbit and Garmin, and more. Plus, you could win a prize in our monthly Jackpot drawings or get a surprise reward.



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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	
OR Health Assessment sections <p>Earn 50 Points for each section you complete online or on the App:</p> <ul style="list-style-type: none"> >> Get Active >> Eat Better >> Reduce Stress >> Live Well >> Know Your Health >> Introduce Yourself 200 bonus Points when you complete all six sections 	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
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 to choose from.</p>	75	up to 300/program year
CPR certification <p>See Point earning instructions under first-aid certification.</p>	125	once/program year
First-aid certification <p>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.</p>	125	once/program year

continued —

Maximum of 500 Points for Health Assessment completion per program year. Health Assessment Points are awarded the same online and on the App.



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Activity	Points
Update/confirm your contact information  Verify your information and earn Points.	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  Available for Go365 members with Humana medical coverage only.	50 once/lifetime



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 steps (10,000 per day for 30 days)	300
First verified workout of program year	750
Calculator (x4)	300

5,000
Points total

Make it count with Go365

Earn Points for your everyday activities—every day



FITNESS

Activity	Points
Daily Workout 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 lifetime verified workout	500 once/lifetime
First verified workout each new program year	750 once/program year
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	
Participate in a member-created challenge	50 up to 100/month for all Challenge-related activities
Participate in a sponsored challenge	50
Sponsored challenges are set up by employers or Go365. Member-created challenges are set up by members. At least one day's worth of workout data must be uploaded to a challenge using a compatible fitness device or tracker to count as participation.	
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	250
Level 2 e.g.: >5.6 mi/9K—12.4 mi/20K running, walking or cross-country skiing	350
Level 3 e.g.: >12.4 mi/20K running, walking or cross-country skiing	500

How daily workout 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. Contact Go365's Customer Care team by signing in to Go365.com and using the secure live chat feature on the bottom right of the screen or by calling the number on the back of your member ID card, and we will work with you (and, if you wish, with your health care practitioner) to develop another way to qualify for the reward.



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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. 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> <table> <tr> <td>Body mass index (BMI)</td><td>800</td><td></td></tr> <tr> <td>Blood pressure</td><td>400</td><td></td></tr> <tr> <td>Blood glucose</td><td>400</td><td>once/program year</td></tr> <tr> <td>Total cholesterol</td><td>400</td><td></td></tr> </table>	Body mass index (BMI)	800		Blood pressure	400		Blood glucose	400	once/program year	Total cholesterol	400			
Body mass index (BMI)	800													
Blood pressure	400													
Blood glucose	400	once/program year												
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. Contact Go365's Customer Care team by signing in to Go365.com and using the secure live chat feature on the bottom right of the screen or by calling the number on the back of your member ID card, and we will work with you (and, if you wish, with your health care practitioner) to develop another way to qualify for the reward.

WEB & APP |
 WEB ONLY |
 APP ONLY









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HEALTHY LIVING



Activity	Points
Weekly log  Log your activity in any of these areas: food, weight, blood pressure and blood glucose.	10 weekly
Sleep diary  Sleep 7+ hours 5+ days per week (Sun-Sat) and log your progress.	25 weekly up to 150/ program year
Daily health quiz  Sign in to the Health IQ app or website and complete a quiz on a variety of health topics. Connect your Go365 account to Health IQ then set the activity within the Go365 App to automatically earn your Points.	2 daily
Fitness habit  Start a new fitness habit and submit photo proof to earn your Points. Fitness habits include: walking breaks, taking the stairs, parking farther away, stretching, visiting a park, walking your dog.	25 once/month
Blood donation  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.	50 up to 300/program year
Nicotine test in-range results  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).	400 once/program year

continued —

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Activity	Points
Virtual well-being coaching  Ongoing interactions	10 weekly, up to 520/year
Virtual well-being coaching offers a wide array of choices through the Go365 App: physical activity, managing stress, healthy eating, managing weight, quitting tobacco, diabetes and more. You make the decision on what well-being apps and digital resources to use and when.	
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

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.com

Go365 activities summary

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



Fitness

Activity	Points
Daily Workout 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
Exceed 100 weekly workout Points	100
First lifetime verified workout	500 once/lifetime
First verified workout each new program year	750 once/program year
Sports league	350 up to 1,400/program year
Challenges	
Participate in a member-created Challenge	50 Up to 100/month for all Challenge-related activities
Participate in a sponsored Challenge	50
Athletic events	
Level 1	250
Level 2	350 up to 3,000/program year
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

Biometric screening completion:*	
Body mass index (BMI)	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400

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 completion within the first 90 days/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

Healthy living

Activity	Points
Weekly log	10 weekly
Sleep diary	25 weekly up to 150/program year
Daily health quiz	2 daily
Fitness habit	25 up to 25/month
Blood donation	50 up to 300/program year
Nicotine test in-range results	400 once/program year
Virtual well-being coaching ongoing interactions	10 weekly up to 520/program year

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

Biometric screening in-range Points:	
Body mass index (BMI)	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400

See page 10 for biometric screening healthy ranges.

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

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

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Plan your next Status move

Sign in to Go365.com or download the Go365 App



Then use this worksheet to map out the number of Points you need to move up to the next Go365 Status level. Include standard activities, as well as recommended activities based on your Health Assessment responses.

(Check the next Status level based on your current Status)

Status goal: ☐ Silver ☐ Gold ☐ Platinum

Points required:

Sign in to **Go365.com** to verify your actual Points required or reference page 2 of this document for required Points for each Status level.

EXAMPLE:

☒ Get a flu shot 200 PTS

Recommended activities

Once you complete your Health Assessment, you'll get personalized activities based on your responses. Because recommended activities are created just for you, they can have a big impact on your overall health. Plus, you earn more Points for each one you complete.

☐ _____ PTS

☐ _____ PTS

☐ _____ PTS

Activities

These simple things you can do every day to get healthier. Tracking your steps, getting a flu shot, going for a bike ride – these are easy ways to keep moving forward with Go365.

☐ _____ PTS

☐ _____ PTS

☐ _____ PTS

☐ _____ PTS

Go shopping: the Go365 Mall has a wide selection of rewards to choose from:



Go365 is not an insurance product. Not available with all Humana health plans. The merchants represented are not sponsors of Go365 or otherwise affiliated with Go365. The logos and other identifying marks attached are trademarks of and owned by each represented company and/or its affiliates. Please visit each company's website for additional terms and conditions. This guide is only for primary Go365 account holders. All other member types should reference their Go365 account for eligible activities and Points.



Go365.com

IMPORTANT!

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618
If you need help filing a grievance, call **1-877-320-1235** 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, DC 20201, **1-800-368-1019, 800-537-7697 (TDD)**.

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

Auxiliary aids and services, free of charge, are available to you.

1-877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

Language assistance services, free of charge, are available to you.

1-877-320-1235 (TTY: 711)

Español (Spanish): Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

繁體中文 (Chinese): 撥打上面的電話號碼即可獲得免費語言援助服務。

Tiếng Việt (Vietnamese): Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

Русский (Russian): Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

Kreyòl Ayisyen (French Creole): Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

Français (French): Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

Polski (Polish): Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

Português (Portuguese): Ligue para o número acima indicado para receber serviços linguísticos, grátis.

Italiano (Italian): Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

日本語 (Japanese): 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

فارسی (Farsi)

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Diné Bizaad (Navajo): Wóda'í béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'éh saad bee áká'ánída'áwo'déé nika'adoowoł.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك