

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

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
Wellness365

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:



Challenge yourself and other Go365 members to private or community Challenges*



Submit proof of eligible Activities for Points



Connect compatible devices



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 weight, food and sleep tracking for Points**



Check on your Go365 Age and Status



Sign up for HealthyFood¹



Enroll and interact with a health coach²



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

*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 two Points a day or may have a weekly or monthly cap. Refer to the App for Points limits.

¹HealthyFood is not available to all Go365 members. Sign in to your Go365.com account to determine your eligibility.

²Not all Go365 programs include working with a personal health coach.



EARN REWARDS

**Connect compatible apps
and devices to Go365®**

Go365.com



Compatible fitness devices and apps

Manufacturer

Device

Expresso

All Expresso devices are compatible

Fitbit

All Fitbit wearable devices are compatible

Garmin

All Garmin wearable devices are compatible
All Garmin Edge devices are compatible

iHealth

Edge

Misfit

All Misfit wearable devices are compatible

Nokia Health

All Nokia Health wearable, scale and blood pressure devices are compatible

Polar

All Polar devices are compatible

Qardio

All Qardio scale and blood pressure devices are compatible

Compatible apps

Apple Health
Craving to Quit
Daily Burn
Eat Right Now
Fitbit Coach

Five Minute Journal
Health IQ
Life Fitness
MyFitnessPal
Noom

RunDouble C25k
RunKeeper
Samsung Health
Stop, Breathe & Think
Strava
Unwinding Anxiety

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.

Notice: People who have a pacemaker or other electronic medical device use a heart rate monitor at their own risk. It is strongly recommended that people with a pacemaker or other electronic medical devices 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.



Earn Points using your device

Refer below for data Go365 accepts from fitness devices

Device type	Steps	Calories	Heart rate	Weight*	Blood pressure*†	Glucose*†	Sleep
Expresso		•	•				
Fitbit	•						•
Garmin	•	•	•				•
iHealth	•				•	•	•
Misfit	•						
Nokia Health	•	•			•		
Polar		•	•				
Qardio				•	•		

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

†This activity only displays if members have a recommended activity related to it within their Go365.com account. See Compatible Fitness Devices and Apps section for specific devices that work within the Go365 experience.

Data that Go365 receives depends on the device type. Check the manufacturer's device specs to confirm the type of data Go365 will receive.



Earn Points using your mobile app

Refer below for data Go365 accepts from mobile apps

Mobile app	Steps	Calories	Food	Weight*	Mindfulness	Sleep	Health quiz
Apple Health	•			•		•	
Five Minute Journal					•		
HealthIQ							•
Life Fitness		•					
MyFitnessPal			•	•			
RunDouble C25K		•					
RunKeeper		•					
Samsung Health	•		•	•		•	
Stop, Breathe & Think					•		
Strava		•					

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

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.

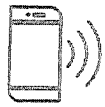


Earn Points for virtual coaching apps

Refer below for data Go365 accepts from virtual well-being coaching apps

Mobile app	Weight management	Physical activity	Nutrition	Tobacco cessation	Stress management	Diabetes
Noom	●					●
Daily Burn		●				
Fitbit Coach		●				
Eat Right Now			●			
Unwinding Anxiety					●	
Craving to Quit				●		

From time to time, Go365 may make available items and services from third-party vendors. While some services are provided at no additional cost to you, if you choose to use certain items and services, you may incur additional fees that are not covered by Go365. Discounts for third-party products are off full retail price. Third-party vendors may run promotions that make it cheaper to purchase the product directly from such vendors. Humana does not endorse the items, services or content provided by third-party vendors.



How to connect to Go365

For connecting online

- 1 Sign in to Go365.com
- 2 Select the “Quick Links” button or fitness device icon in the upper right of the main dashboard
- 3 Select the “Connect and manage devices” button
- 4 Select the “Connect” button under the device logo of your activity tracker you want to use and follow the prompts given

For connecting in the Go365 App

- 1 Sign in to the Go365 App
 - a. Android users: Tap the “Menu” icon on the dashboard > Tap “Account & Settings”
 - b. iOS users: Tap the “More Menu” icon > Tap “Account Settings” or the “Profile” icon on the dashboard
- 2 Tap “App and device connections”
- 3 Select the activity tracker to which you want to connect and follow the prompts

See important details on the next page after you’ve connected your device or an app.



Important details after you've connected

- Make sure your activity uploads to the activity tracker manufacturer's account (for example, Garmin or Fitbit account). If your activity isn't there, then Go365 can't pull any data over to award you!
- Upload device activity to the manufacturer's account at least once a week so you don't miss out on daily Points.
- Sign in to the Go365 App at least once a week if using Apple Health or Samsung Health to ensure your activity awards.
- Ensure your device or app account is not linked to a social media account, such as Facebook, as it can block data from feeding over to Go365 and earning you Points.
- You don't need to connect a compatible device to earn workout Points if you visit a participating fitness facility. Just ensure your fitness facility membership is connected to Go365:
 - Sign in to Go365.com
 - Select "Quick Links" button
 - Select "Participating fitness facilities" button
 - Search by ZIP code
 - Select "Earn Points at this facility" for instructionsDon't see your fitness facility? Share this [flyer](#) with your gym to help us expand our network.
- If applicable, remember to use the Beacon check-in on the Go365 App.
 - Some locations have a Beacon to award for fitness facility workouts or other Go365-eligible activities using the Go365 App. To connect to Beacon check-in:
 - 1 Tap "Beacon" from "Account and Settings" on the Go365 App
 - 2 Toggle on the Beacon check-in
 - 3 With Bluetooth reception "On" and location services "Always" on, wait for available Beacons to appear and choose a Beacon



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 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 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.



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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.

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YOUR PERSONAL HEALTH TO-DO LIST



Go365

Recommended Activities



Get healthier and maximize your Points with Go365™ Recommended Activities

Go365 can help you take steps to better health — starting today — with Recommended Activities. Recommended Activities are designed just for you, based on information you shared about your health when you completed your Health Assessment, along with your biometric screening results. Because they're tailored specifically to your health needs, they can have the greatest impact on your health.

Your personalized Go365 Recommended Activities may include:



Reach or stay at a healthy weight by eating a more nutritious diet



Lower your blood pressure



Exercise regularly



Make healthier lifestyle choices, such as quitting smoking

Make the most of your Recommended Activities:

You're challenged to complete your Recommended Activities in a certain timeframe. When you do, you'll earn extra Points. You'll also earn Points for completing everyday activities along the way that help you reach your goal. It's that easy. For example, you may receive a Recommended Activity to lose 10 pounds. Completing everyday activities like tracking your daily steps, taking

an online course on healthy eating or checking in at your fitness facility can help you reach your goal—and earn you more Points. As you achieve your goals and improve your health, you'll receive new Recommended Activities. Remember, completing Recommended Activities can have big impact on your overall health and award you a lot of Points and Bucks.

Sign in to your Go365 account at **Go365.com** to see all of the activities you can do to earn Points.



Join the Go365 support community
community.go365.com



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

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Make it count with Go365.

Earn Points for your everyday activities – everyday!



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	once/program year
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 >> Be Well >> Stay Healthy >> Know Me</p> <p><i>Bonus Points when you complete all six sections</i></p>	50	
Adult children are not eligible to earn Points or Bonus Points for Health Assessment completion.		
First Step Health Assessment Bonus <p>Once-in-a-lifetime reward for your first-time Health Assessment completion.</p>	500	once/lifetime
90 Day 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* <p>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.</p>		
Enrolling (first time enrollees only)	200	once/lifetime
Three phone interactions or three online chats (individually or combined)	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 adult members 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

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WEB & APP



WEB ONLY



APP ONLY



Go365.com

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EDUCATION

Activity	Points	
First Aid certification	125	once/program year
An adult member 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 visit 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
Not available for all Go365 members.		

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	5,000 Points total (individual plan)
First Step Health Assessment	500	
Biometric Screening	2,000	
Basketball league	350	
Blood donation (x3)	150	
Flu shot	200	
Daily step (10,000 per day for 30 days)	300	
First verified workout of program year	750	
Calculator (x4)	300	
CPR certification	125	



WEB & APP



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FITNESS

Activity	Points
Daily Points	up to 50/day
Earn Points for activities you do every 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
Earn Bonus Points:	
Exceed 50 weekly workout Points	50 only one bonus awarded per week
Exceed 100 weekly workout Points	100
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 further away, stretching, visit a park, walk your dog.	
First verified lifetime 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. Members must 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*	up to 100/month
Create a Challenge – community	50
Join a Challenge – community	50
Create a team – sponsored	50
Join a team – sponsored	50
Sponsored Challenges are set up by employers. 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. Members must 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

How Go365 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 Communication 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 	400	up to 400/program year per screening
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.		
Dental exam 	200	up to 400/program year
Visit your dentist and earn Points for preventive dental exams. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit 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.		
Vision exam 	200	once/program year
Earn Points for a preventive vision exam. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit 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.		
Flu shot 	200	once/program year
Get your annual flu shot and submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit 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		
Nicotine test 	400	once/program year
After receiving a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare provider.		
Biometric Screening 		
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.		
The Biometric Screening measures your:		
Body mass index (BMI)	800	once/program year
Blood pressure	400	
Blood glucose	400	
Total cholesterol	400	
Adult children are not eligible to earn Points for Biometric Screening Completion.		

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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 your next program year).

Biometric Screenings in-range results

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

Body mass index (BMI) ≥ 18.5 and < 25 , or BMI ≥ 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

Adult children are not eligible to earn Points for Biometric Screening Completion or healthy range values.

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 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 years (current and 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.



WEB & APP



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Make it count with Go365.

Earn Points for your everyday activities –everyday!



Go365 KIDS™

Activity	Points	
Health Assessment		
The Kids Health Assessment covers a child's physical activity, nutrition, lifestyle, and wellbeing. You get a better understanding of your children's current health and the areas that need improvement. No Points are awarded for Kids Health Assessment completion.		
Dental exam	100	up to 200/program year
Take your kids to the dentist and earn Points for preventive dental exams.		
Vision exam	100	once/program year
Earn Points for a preventive vision exam.		
Flu shot	100	once/program year
Help your children avoid getting the flu by making sure they get an annual flu shot.		
Preventive care visit	200	once/program year
A pediatrician can check on the health of your children and you can ask any questions you may have about their health.		
Immunizations	100	once/program year
At designated ages, your children will receive immunization shots to help protect them from various illnesses.		
Fitness		
Children (up to 18 years old) in a Go365 program can earn Points for two qualifying sports league activities and four athletic events, like baseball or swimming, per program year. Each sport season qualifies as a single sports league. Minimum number of games or matches is eight.		
Sports league	100	up to 200/program year
Athletic events	50	up to 200/program year per child

1,000 maximum total Points may be earned per program year per child. Up to 500 maximum preventive Activity Points may be earned per program year per child. Preventive Activities include: dental exam, vision exam, flu shot, preventive care visit and immunizations. Children may earn up to 200 Points per program year for participating in an employer-sponsored event.

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Athletic Events

If your children participate in events like running, walking, cycling or swimming, they can earn Points that contribute to your family's overall Point total and Status.



Go365 Activities Summary.

Complete Point detail for each Activity including annual maximums and limits on pages 5-10.



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.		
First Step		
Health Assessment Bonus	500	once/lifetime
90 Day		
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 or three online chats	50	up to 600/program year
Six email interactions or six progress note entries	50	
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 visit 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
Fitness Habit	25	once/month
First verified lifetime 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		up to 100/month
Create a Challenge	50	
Join a Challenge	50	
Create a team	50	
Join a team	50	
Athletic events		up to 3,000/program year
Level 1	250	
Level 2	350	
Level 3	500	
Kids sports league	100	up to 200/program year
Kids athletic events	50	up to 200/program year

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
Kids preventive care visit	200	once/program year
Kids dental exam	100	up to 200/program year
Kids vision exam	100	once/program year
Kids immunizations	100	once/program year
Kids flu shot	100	once/program year

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 on your Points statement if they are applicable to you.
Kids Preventive Activities have a 500/program year maximum.

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 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 Communication 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 not available for all Go365 members. Go365 Kids is not available to all Go365 programs. Check with your Employer or Benefits Administrator to check your eligibility. Adult children are not eligible to earn Points or Bonus Points for Health Assessment, Biometric Screening completion or for having in healthy range results.

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: Bronze 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
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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.

PT5

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

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.



Go365.com

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.

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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)**.