

Member Guide

# DISCOVER Go365

There's a wellness and rewards program that inspires your employees to live healthier lives for themselves and their families.



[Go365.com](https://www.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](https://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](https://amazon.com)

[TARGET](https://target.com)

[Spafinder](https://Spafinder.com)  
Wellness365

[fitbit](https://fitbit.com)



Join the Go365 support community  
[community.go365.com](https://community.go365.com)



Register or sign in at [Go365.com](https://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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# Earning Points in Go365

Take the stairs. Keep your blood pressure in check. Eat more salads. There are lots of things you can do to get healthier. With Go365®, you can earn Points for doing them:

## Activities.

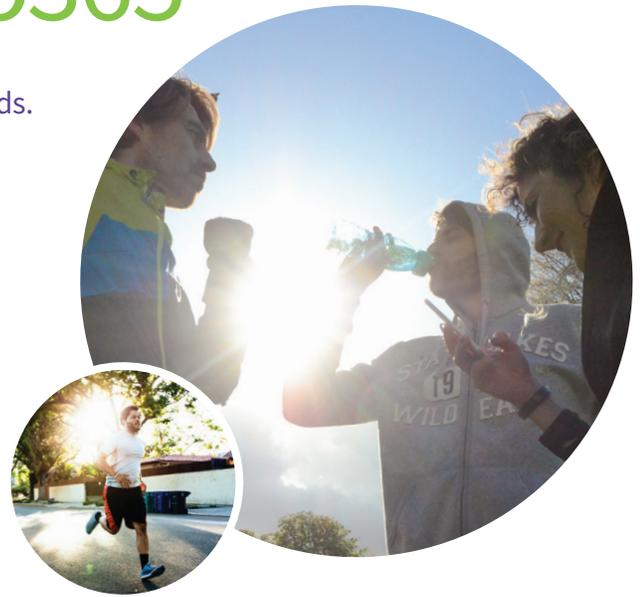
These are things you do every day — like taking a walk or getting your flu shot — to be your healthiest.

## Recommended activities.

These personalized activities are created just for you, based on what you told us about your health in your Health Assessment. Recommended activities are things like losing weight or exercising more that are designed to jumpstart your health, and they're worth more Points!

## Challenges.

Here's your chance to boost your health even more when you compete against friends and co-workers. Challenge them for most steps taken or pounds lost, or create your own Challenge!



## Earn more when you do more!

The more Go365 activities you complete, the more Points you earn — and the higher your 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.

[Learn more at Go365.com](#)

Go365 is not an insurance product. Not available with all Humana health plans. This document is intended to provide a high-level overview of the primary Go365 account holder Points earning potential. All other member types should reference their Go365 account for eligible activities and Points. 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 and Points

Points listed are per program year unless stated otherwise.



## Education

Activity	Points
<b>Health Assessment</b>	
<input type="radio"/> 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
<b>Health Assessment sections</b>	
<input type="radio"/> <b>OR</b> >> 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
<b>Bonus Points</b>	
<input type="radio"/> <b>First Step Health Assessment</b>	500 once/lifetime
<input type="radio"/> <b>Fast Start Health Assessment</b>	250
<input type="radio"/> <b>Weekly log*</b>	10 weekly
<input type="radio"/> <b>Sleep diary*</b>	25 weekly (up to 150/program year)
<input type="radio"/> <b>Daily health quiz*</b>	2 daily
<b>Health coaching*</b>	
<input type="radio"/> <b>Enrolling (first time enrollees only)</b>	200 once/lifetime
<input type="radio"/> <b>Three phone interactions</b>	50
<input type="radio"/> <b>Six email interactions or six progress note entries (individually or combined)</b>	50 up to 600/program year
<input type="radio"/> <b>Calculators</b>	75 each (up to 300/program year)
<input type="radio"/> <b>CPR certification</b>	125
<input type="radio"/> <b>First-aid certification</b>	125
<input type="radio"/> <b>Update/confirm contact information</b>	50
<input type="radio"/> <b>Monthly Go365.com, Humana.com or Go365 App sign-in</b>	10 (up to 120/program year)
<input type="radio"/> <b>First time Go365 App sign-in</b>	50 once/lifetime
<input type="radio"/> <b>Accept online statements</b>	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
<input type="radio"/> <b>Health screening*</b>	400 per eligible screening
<input type="radio"/> <b>Dental exam</b>	200 per exam (up to 400/program year)
<input type="radio"/> <b>Vision exam</b>	200
<input type="radio"/> <b>Flu shot</b>	200
<input type="radio"/> <b>Nicotine test**</b>	400
<b>Biometric screening completion</b>	
<input type="radio"/> <b>Body mass index (BMI)</b>	800
<input type="radio"/> <b>Blood pressure</b>	400
<input type="radio"/> <b>Blood glucose</b>	400
<input type="radio"/> <b>Total cholesterol</b>	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.

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## Healthy living

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

## Fitness

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

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

If you believe that Humana Inc. and its subsidiaries have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with Civil Rights/LEP/ADA/Section 1557 Compliance Officer, 500 W. Main Street -10th floor, Louisville, Kentucky 40202

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

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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 néé 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).



# 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](http://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 $\geq$ 18.5 and $<$ 25, or BMI $\geq$ 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 $\geq$ 40 mg/dL for males or an HDL $\geq$ 50 mg/dL for females
<b>Total Points and Bucks</b>	<b>2,000</b>	<b>2,000</b>

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)
- The Little Clinic
- Quest Diagnostics® Patient Service Center
- Walgreens Healthcare Clinic
- Kroger Company Family of Pharmacies
- LabCorp Patient Service Center

Complete the appropriate form (walk-in voucher, Biometric Screening Form or download the Quest order form) on [Go365.com](http://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



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Discrimination Grievances

P.O. Box 14618

Lexington, KY 40512 - 4618

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**U.S. Department of Health and Human Services**

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

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**Tiếng Việt (Vietnamese):** 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.

**한국어 (Korean):** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. ID 카드에 적혀 있는 번호로 전화해 주십시오.

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**Kreyòl Ayisyen (French Creole):** ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki sou kat idantite manm ou.

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# 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 time frame. 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 a big impact on your overall health and reward 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.



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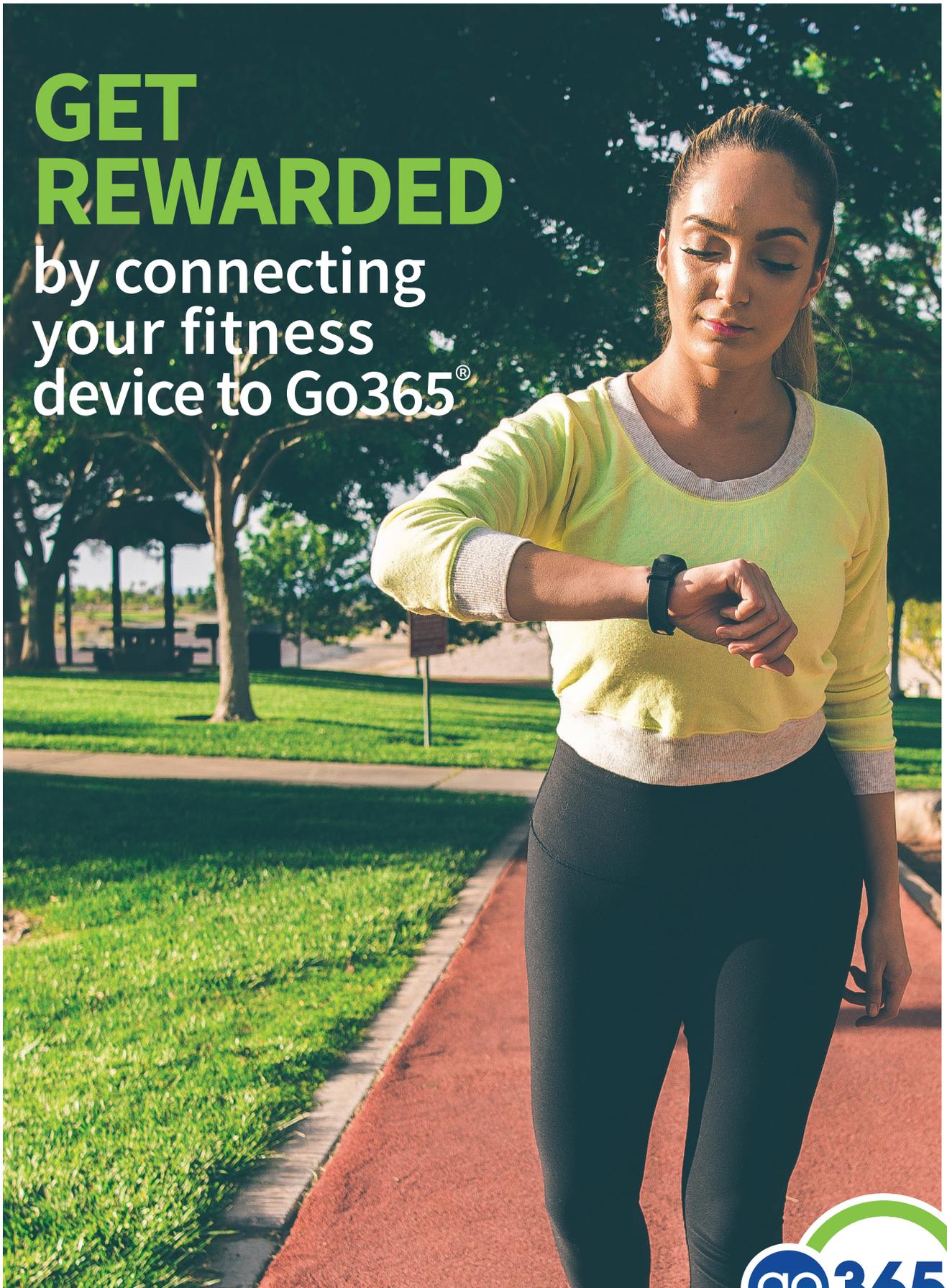
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COMPATIBLE FITNESS DEVICES



# GET REWARDED

by connecting your fitness device to Go365<sup>®</sup>



# 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*†	Mindfulness	Glucose*†
Humana Gear pedometers	✓									
Fitbit	✓					✓				
Polar		✓	✓							
Garmin	✓	✓	✓			✓				
Nokia Health	✓	✓						✓		
Misfit	✓									
iHealth	✓							✓		✓
Qardio					✓			✓		
Espresso		✓	✓							
Mobile apps	Steps	Calories	Heart rate	Food	Weight*	Sleep	Health quiz	Blood pressure*†	Mindfulness	Glucose*†
Apple Health	✓				✓	✓				
Samsung Health	✓			✓	✓	✓				
Runkeeper		✓								
Strava		✓								
Life Fitness		✓								
RunDouble C25K		✓								
MyFitnessPal				✓	✓					
Health IQ							✓			
Stop, Breathe & Think									✓	
Five Minute Journal									✓	

\*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 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.

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.

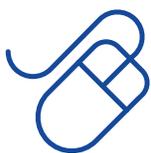
## COMPATIBLE FITNESS DEVICES

Activity tracker manufacturer	Device		
Humana Gear	g1.0 Pedometer g2.0 Pedometer		
Fitbit	All Fitbit devices are compatible with Go365		
Garmin	<b>Running:</b> All Garmin Forerunner devices are compatible with Go365		
	<table border="0"> <tr> <td><b>Biking:</b> All Garmin Edge devices are compatible with Go365</td> <td><b>Outdoors:</b> All Garmin Fenix devices are compatible with Go365</td> <td><b>Vivos:</b> All Garmin Vivo devices are compatible with Go365</td> </tr> </table>	<b>Biking:</b> All Garmin Edge devices are compatible with Go365	<b>Outdoors:</b> All Garmin Fenix devices are compatible with Go365
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iHealth	Edge		
Misfit	Command Flare Flash Misfit Phase Ray Shine Shine 2 Speedo Shine Vapor		
Polar	All Polar devices are compatible with Go365		
Nokia Health	Activité Activité Pop Go Pulse Steel HR		

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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.

# HOW TO CONNECT compatible fitness devices to Go365



## How to connect online

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



## How to connect 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



## Tips once connected

- Make sure your activity uploads to the activity tracker manufacturer’s account (for example, Garmin or Fitbit). **If your activity isn’t there, then Go365 can’t pull any data over to award you!**
- Upload device activity 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 when using app-based trackers like Apple Health or Samsung Health to ensure your activity awards.

**Note:** 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** > click “Quick Links” button > click “Participating fitness facilities” button > search by ZIP code > click “Earn Points at this facility” for instructions.



# HOW POINTS ARE AWARDED



## Verified workouts

<b>Steps</b>	Earn 1 Point per 1,000 steps.
<b>Calories</b>	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.)
<b>Heart rate</b>	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.
<b>Participating fitness facilities</b>	Earn up to 10 Points per day when you check in at a fitness facility linked to Go365.
<b>Calculating daily fitness Points</b>	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. Go365 members may earn a maximum of 50 daily fitness Points.

## Bonus Points

<b>Weekly workout</b>	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. Week is defined as Sunday–Saturday.
<b>First verified lifetime workout</b>	Earn 500 Points once in your lifetime when you complete your first workout ever in Go365.
<b>First verified workout each new program year</b>	Earn 750 Points when you complete your first workout in the Go365 program year.

## Go365 App-only activities

<b>Food</b>	Log daily food consumption to earn 10 Points per week (weekly log activity).
<b>Weight*</b>	Log your weight to earn 10 Points per week (weekly log activity).
<b>Sleep</b>	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.
<b>Daily health quiz</b>	Complete a quiz using Health IQ to earn 2 Points per day.
<b>Mindfulness</b>	Log three or more full meditations in the Stop, Breathe & Think app or three or more full journal entries in the Five Minute Journal app to earn 10 Points per week (weekly log activity).
<b>Blood pressure*†</b>	Record your blood pressure to earn 10 Points per week (weekly log activity).
<b>Glucose*†</b>	Record your blood glucose to earn 10 Points per week (weekly log activity).

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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. 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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PERSONAL, VERSATILE, SIMPLE



# 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:

- 2 1 3 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.



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\*Members earn 50 Points per Challenge each time they participate in a Challenge, up to 100 Points per month. Participation is validated once the member uploads data from a compatible device to the Challenge.

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

**(Arabic) العربية**

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم الهاتف الموجود على بطاقة الهوية

# How to reach your highest Status



Unlock activities to earn more Points and move up!

Primary Member

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

- 1. Activities**  
Things you can do every day to get healthier.
- 2. Recommended Activities**  
Personalized based on your Health Assessment responses.
- 3. Challenges**  
Motivate yourself and your friends in a healthy competition.

While you can choose any qualified activity, here are popular activities you may complete to reach a new Status level.



### Activities to reach Silver Status

	Points Earned	
	Primary Member	
<b>Education</b>		
Health Assessment (HA)	500	once/program year
HA Bonus Points - First Step*	500	once/lifetime
HA Bonus Points - Fast Start	250	once/program year
Calculators x 4	300	75 Points each x 4 up to 300 per program year
Monthly Go365 sign-in x 12	120	10 Points each x 12 up to 120 per program year
First time Go365 App sign-in*	50	once/lifetime
<b>Prevention</b>		
Biometric screening completion	2,000	once/program year
Dental exam x 2	400	200 Points each x 2 up to 400 per program year
Flu shot	200	once/program year
<b>Healthy Living</b>		
Biometric screening in-range results: blood pressure	400	once/program year
Biometric screening in-range results: blood glucose	400	once/program year
<b>Silver Status Reached (5,000 Points)</b>	<b>5,120</b>	

\*If you already completed a lifetime activity in a prior year, check your recommended activities for things like Courses, Conversations and overarching lifestyle activities to make up the difference.



Bonus Bucks earned at Silver Status

500 Primary Member



Double Bonus Bucks earned at Silver Status when prior year highest Status was Silver or when reaching Silver Status for the first time.

1,000 Primary Member

Recommended activities are not medical advice. Consult your physician.

Bonus Bucks are not tied to Points and increase a Go365 members' 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. Bonus Bucks apply to the 30,000 Bucks maximum each adult member can earn in a program year.

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.



## Activities to reach Gold Status

	Points Earned	
	Primary Member	
<b>Education</b>		
Sleep diary	25	25 Points weekly up to 150 per program year
Daily health quiz x 25 days	50	2 Points per day x 25 days
Update/confirm contact information	50	once/program year
<b>Healthy Living</b>		
Blood donation	50	50 Points each up to 300 per program year
<b>Fitness</b>		
First lifetime verified workout*	500	once/lifetime
First verified workout each new program year	750	once/program year
Fitness Habit	25	up to 25 Points per month
Complete a 5K walk (Level 1 athletic event)	250	250 Points each up to 3,000/program year
<b>Daily fitness Points (over 12 weeks/3 months)</b>		
Three fitness facility workouts per week	360	10 Points per visit x 36 days
10,000 steps achieved 1 day per week	120	10 Points x 12 days
8,000 steps achieved 3 days per week	288	8 Points x 36 days
Bonus Points - exceeded 50 weekly workout Points	600	50 Points x 12 weeks
Participate in a Member-created Challenge	50	50 Points each up to 100 per month total for all Challenge-related activities
Participate in a Sponsored Challenge	50	50 Points each up to 100 per month total for all Challenge-related activities
<b>Gold Status Reached (8,000 Points)</b>	<b>8,288</b>	

\*If you already completed a lifetime activity in a prior year, check your recommended activities for things like Courses, Conversations and overarching lifestyle activities to make up the difference.



Bonus Bucks earned at Gold Status

1,500 Primary Member



Double Bonus Bucks earned at Gold Status when prior year highest Status was Gold.

3,000 Primary Member



## Activities to reach Platinum Status

	Points Earned	
	Primary Member	
<b>Education</b>		
Weekly log x 12 weeks	120	10 Points per week x 12
Enroll in health coaching*	200	once/lifetime first time enrollees only
Health coaching participation - three phone interactions x 4	200	50 Points each up to 600 per program year x 4
<b>Prevention</b>		
Vision exam	200	once/program year
<b>Fitness</b>		
Complete a 10K run (Level 2 athletic event)	350	up to 3,000/program year
<b>Daily fitness Points (over 24 weeks/6 months)</b>		
Two fitness facility workouts per week	480	10 Points per visit x 48 workouts
7,000 steps achieved 1 day per week	168	7 Points x 24 days
<b>Platinum Status Reached (10,000 Points)</b>	<b>10,006</b>	

\*If you already completed a lifetime activity in a prior year, check your recommended activities for things like Courses, Conversations and overarching lifestyle activities to make up the difference.



Bonus Bucks earned at Platinum Status

5,000 Primary Member



Double Bonus Bucks earned at Platinum Status when prior year highest Status was Platinum.

10,000 Primary Member