

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 more ways to start, more Activities to unlock, and more 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.

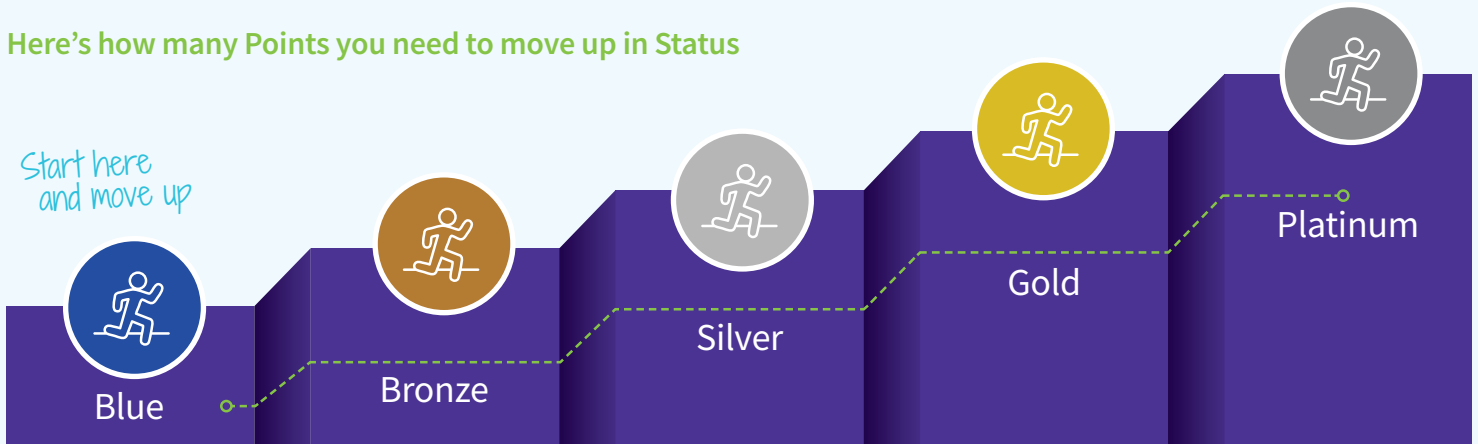
Making healthier choices is a lot more fun with Go365. The more you move up in Status, the more Bucks you can earn and spend on great items in the Go365 Mall. Plus, Bonus Bucks, surprise rewards, and monthly Jackpot drawings make getting healthy more fun!



More Points. Higher Status.

Earning Points pays off big with higher Status levels. Get your spouse and kids involved too and see how fast you can move up in Status.

Here's how many Points you need to move up in 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

5,000

One adult per policy

8,000

One adult per policy

10,000

One adult per policy

8,000

combined two adults per policy

12,000

combined two adults per policy

15,000

combined two adults per policy

+3,000

for each member 18 years and older per policy

+4,000

for each member 18 years and older per policy

+5,000

for each member 18 years and older per policy



Go365.com

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



Go365.com



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.

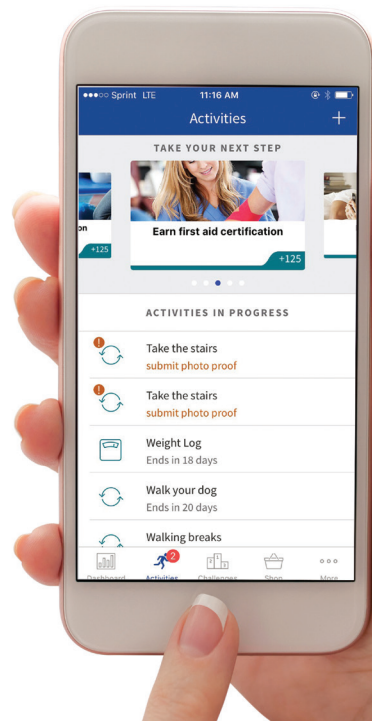
Go365 puts you in the driver's seat. There are lots of ways to get started and start earning Points. Sign in online or with the App to unlock recommended activities that are personalized just for you.

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.



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

Activities and Points

Points listed are per program year unless stated otherwise.



Education

Activity

Points

- **Health Assessment** 500
Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year.
- **OR Health Assessment sections** 50
 - >> Get Active >> Eat Better >> Reduce Stress >> Live Well >> Know Your Health >> Introduce Yourself**200 bonus Points when you complete all six sections**

Bonus Points

- **First Step Health Assessment bonus** 500 once/lifetime
- **Fast Start Health Assessment bonus** 250
- **Calculators** 75 each (up to 300/program year)
- **CPR certification** 125
- **First-aid certification** 125
- **Update/confirm contact Information** 50
- **Monthly Go365.com, Humana.com or Go365 App sign-in** 10 (up to 120/program year)
- **First time Go365 App sign-in** 50 once/lifetime
- **Accept online statements** Available for Go365 members with Humana medical coverage only. 50 once/lifetime

Prevention

Activity

Points

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

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.

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

**Cost associated with nicotine tests are the responsibility of the Go365 member. Nicotine tests are not associated with biometric screenings.

Activities and Points

Points listed are per program year unless stated otherwise.



Healthy living

Activity	Points
○ Blood donation	50 each (up to 300/ program year)
○ Nicotine test (in-range results)	400
○ Virtual well-being coaching ongoing interactions	10 weekly (up to 520/program year)
○ Weekly log	10 weekly
○ Sleep diary	25 weekly (up to 150/ program year)
○ Daily health quiz	2 daily
○ Fitness habit	up to 25 per month
Biometric screening (in-range results)	
○ Body mass index ≥ 18.5 and < 25 , or BMI ≥ 25 and < 30 , with a waist circumference < 40 " for males and < 35 " for females	800
○ Blood pressure(systolic and diastolic) $< 130/85$ 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

Fitness

Activity	Points
Daily verified workout types	
○ Steps*	up to 50/day
○ Heart Rate (HR)*	1 Point per 1,000 steps
○ Calories*	5 Points for every 15 minutes above 60% of maximum HR
○ Participating fitness facility*	5 Points per 100 calories if burn rate exceeds 200 calories/hour
	10 per daily visit
Bonus Points	
○ Exceeded 50 weekly workout Points	50 only one bonus
○ Exceeded 100 weekly workout Points	100 awarded per week
○ First lifetime verified workout	500
○ Sports leagues	350 Points per league team (up to 1,400/program year)
Challenges	
Sponsored Challenges are set up by employers or Go365. Member-created Challenges are set up by members.	
	up to 100/month total for all Challenge-related activities
○ Participate in a Member-created Challenge	50
○ Participate in a Sponsored Challenge	50
Athletic events	
(running, walking, cross-country skiing, cycling, triathlon)	
○ Level 1 (example: 5K)	up to 3,000/program year
○ Level 2 (example: 10K)	250
○ Level 3 (example: half-marathon)	350
	500

*Calculating daily workout 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 workout Points can be awarded.

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



READY. SET. Go365



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

1. Register now

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

2. Take the next step

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

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

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

3. Enjoy the rewards

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

amazon.com

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

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

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



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.

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.



YOUR HEALTH BY THE NUMBERS



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

The screening is a set of quick checks

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

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

Download the Go365 App today!



Join the Go365 support community
community.Go365.com

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

GCHJMHWN 0517



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.

- 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
- Go365 members must get their BMI checked every program year

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

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

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

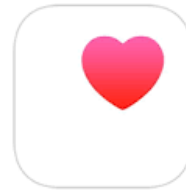
Finding a screening location is easy. Options include:

- Your primary care provider (PCP)
- The Little Clinic
- Quest Diagnostics Patient Service Center
- Kroger Company Family of Pharmacies
- LabCorp

Complete the appropriate form (**PCP Biometric Screening Form**, or use **online scheduler** for Quest or LabCorp at **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 Diagnostic Patient Service Center and LabCorp require **online** registration and scheduling.

Make your appointment today through your personal Go365 portal.





Get Active

Did you know that your first lifetime verified workout with Go365™ will earn you 1250 points?

How do you get a verified workout? It's easy!

1,000 steps on a verified fitness device

15 minutes above 60% of your maximum HR with a Heart Rate Monitor

Burning 100 calories with a registered fitness app (if burn rate exceeds 200 calories per hour)

Checking in for a workout at a participating fitness or beacon enabled facility

Don't have a workout device? Here are some free apps that will connect to Go365:

RunKeeper
S Health
AppleHealth
Strava

*Visit Community.Go365.com for a full list of compatible apps

You are also eligible for workout bonuses:

50 points

if you exceed 50 fitness points in a week

100 points

if you exceed 100 fitness points in a week

These workout bonuses also apply to any eligible spouses or adult dependents on your plan.

Contact your Humana representative or Community.Go365.com to learn more.



Go365.com

To connect/disconnect a fitness device from the website or the Go365 App:

Website:

1. Select “Quick Links” at the top of your Go365 Dashboard.
2. Choose the “Connect and manage devices” tile.
3. To connect a new device, search for or select the device you wish to add, and select “Connect.” Follow the prompts.
4. To disconnect a device, find your device in the “My devices” section, and select “disconnect.” Follow the prompts.

Android:

1. Tap the "Menu."
2. Tap "Account & Settings."
3. Tap "App and device settings."
4. Select the app or device you want to connect/disconnect.
5. To disconnect, tap the connected device and answer OK to the question “Do you want to disconnect the device?”
6. To connect, tap the device that is not connected and follow the flow to connect.

iOS:

1. Tap either the "More Menu" or the "Profile" icon on the Dashboard.
2. Tap "App and device settings."
3. Select the app or device you want to connect/disconnect.
4. To disconnect, tap the connected device and answer OK to the question “Do you want to disconnect the device?”
5. To connect, tap the device that is not connected and follow the flow to connect.

Tips for transferring information from device to Go365:

1. When connecting a device, please make sure to allow all notifications to Go365 (if prompted).
2. If you're using a wearable device (such as a Fitbit or Garmin), make sure you are synching your steps each day through the device app. This allows the steps to feed to Go365.
3. If you're using a free app (such as Apple Health), make sure to log-in to the Go365 app at least every other day. This speeds up the transfer of information from Apple Health to Go365.



EARN REWARDS

Connect compatible apps
and devices to Go365[®]

Go365.com

GCHJHTFEN 0419



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	Five Minute Journal	RunDouble C25k
Craving to Quit	Health IQ	RunKeeper
Daily Burn	Life Fitness	Samsung Health
Eat Right Now	MyFitnessPal	Stop, Breathe & Think
Fitbit Coach	Noom	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
Espresso		•	•				
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 instructions
- 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





How to earn Points

Verified workouts and bonus Points

Verified workout Points

Steps	Earn 1 Point per 1,000 steps.
Calories	Earn 5 Points per 100 calories if burn rate exceeds 200 calories/hour. (For app-based trackers, the GPS feature of the phone needs to be active, and the workout should take place outdoors or in an area with GPS signal reception.)
Heart rate	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.
Participating facilities	Earn up to 10 Points per day when you check in at a fitness facility linked to Go365.

Calculating daily Points

Each day, Go365 will look at Points earned across all workout types and award the category with the highest value for that day. Points are awarded for one workout type per 24-hour period from 12:00 a.m. – 11:59 p.m. Go365 members may earn a maximum of 50 daily fitness Points.

Bonus Points

Weekly workout	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.
First verified workout	Earn 500 Points once in your lifetime when you complete your first workout ever in Go365.



How to earn Points

Virtual well-being coaching activities

Coaching activities

Earn 10 Points per week, up to 520 total Points per program year, by completing one of the following coaching activities.

Weight management	Complete one of the following: <ul style="list-style-type: none">• Log 3 or more meals• Log physical activity at least 3 times (device synced or manual entry)• Message your coach• Post or respond to the Group feed• Weigh in 1 or more times• Read an article
Diabetes	
Physical activity	Complete at least 1 workout on 3 different days
Nutrition	Complete one of the following across 3 different days:
Stress management	<ul style="list-style-type: none">• At least 1 Daily Lesson• At least 1 check-in• 1 Want-O-Meter, Stress Test or Stress Meter, whichever is available
Tobacco cessation	

Note: Mixing and matching (i.e., 2 check-ins and 1 completed workout or 1 Stress Test and 2 Want-O-Meters) does not qualify for Points.

Links to third-party apps are provided for your convenience. Humana Wellness, its parent and affiliates (“we”) have not reviewed or verified the information provided within such applications and disclaims any responsibility for the content or accuracy. We are not liable for the negligent provision of services by a third party. These apps should not be construed as medical advice and you should consult with an applicable licensed professional to determine what is right for you.



How to earn Points

Additional Go365 activities

Weekly log

Complete one of the following activities within a week to earn up to 10 Points per week.

Food	Log daily food consumption.
Weight	Log your weight.*
Mindfulness	Log at least 3 journals or meditations.
Blood pressure	Record your blood pressure.*†
Glucose	Record your blood glucose.*†

Challenges

Create or join a Challenge to compete with your friends and colleagues. Earn 50 Points for participating in a Challenge, up to 100 Points per month.

Note: Type of Challenge (steps, weight and sleep) and length of time vary.

Sleep diaries

Sleep 7 or more hours per day for 5 days in a calendar week (Sunday–Saturday) to earn 25 Points per week, up to 150 Points per program year.

Daily health quiz

Complete a quiz using Health IQ to earn 2 Points per day.

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

Recommended activities are not medical advice. Consult your physician. 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 healthcare practitioner) to develop another way to qualify for the reward.

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.



Join the Go365 support community
community.Go365.com



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



SAY HELLO TO VIRTUAL WELL-BEING COACHING

More choice. More options.

Everyone has unique needs and goals – and the right support can make all the difference in helping achieve your personal goal. That's why virtual well-being coaching offers a wide array of choices through the Go365 App on various topics:



Physical activity



Managing stress



Healthy eating



Managing weight



Quitting tobacco



Diabetes

More control. More ways to engage.

You make the decision on what well-being apps and digital resources to use and when. Need some quick one-time help or looking for long-term support? There's an app for it! Want person-to-person coaching? You can get it! With mobile apps, you can engage in what matters to you whenever and wherever you are most comfortable.

More freedom. More flexibility.

Many of the digital resources and apps are totally free. Or you can choose premium options – with additional features and functionality – and pay the vendor directly, at discounted Go365 rates. Best of all, you can jump in, opt out, or change your option at any time you want.



Join the Go365 support community
community.Go365.com



GO FOR DIGITAL WELL-BEING.

It's so easy to get started.

- ✓ **Get the Go365 App.**







Download the App to a smart phone and you are ready to go.
- ✓ **Explore the options.**

Check out the wide array of options and choose one or two that interest you by selecting “Coaching” from the Go365 App menu.
- ✓ **Get rewarded!**

Go365 makes it easy for you to start, stop, or change any time.

How to earn Points with virtual well-being coaching.

Earn 10 Points per week when you complete one of the following eligible activities available in the apps below. You could earn 520 Points per program year!

<div> Noom</div> <div>Activities<ul style="list-style-type: none">Log 3 mealsLog physical activity 3x (device synced or manual entry)Message a CoachPost or respond to the Group feedWeigh in 1 or more timesRead an article</div>	<div><div></div><div>Daily Burn Fitbit Coach</div><div>Activities<ul style="list-style-type: none">Complete a workout on 3 separate days</div></div>	<div><div></div><div>Eat Right Now Unwinding Anxiety Craving to Quit</div><div>Activities<ul style="list-style-type: none">Complete a Daily Lesson on 3 separate daysCheck in on 3 separate daysComplete the Want-O-Meter, Stress Test or Stress Meter, whichever is available, on 3 separate days (no mix and match across tools for Points).</div></div>
--	---	---

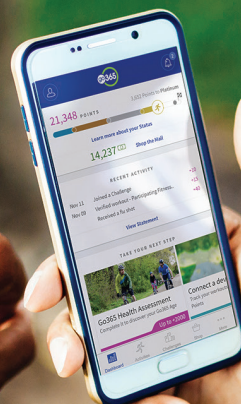
To earn Points, you must complete one full Activity – no mix and match across Activities. Week is defined as Sunday - Saturday. Activities will award Points under Healthy Living and display as Virtual Well-being Coaching on your Go365 statement.





The Go365 App

Put the power in your pocket



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

The App has it all

Look what you can do:



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



Submit proof of eligible activities for Points



Connect compatible devices and tracking apps



Personalize experiences with photos



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



Explore ways to increase your Points total



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



Check on your Go365 Age and Status



Get support through virtual well-being coaching apps and earn Points**



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

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

*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.

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



HAVE FUN

with Go365 Kids



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

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

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

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

Activity

Points



Health Assessment

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



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

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



Fitness

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



Events

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

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



Join the Go365 support community
community.Go365.com

Your kids learn about being healthy from you

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

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

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



SEE HOW FAST YOU CAN REDEEM REWARDS IN THE Go365 MALL



As a Go365® member, you earn Points for completing healthy activities. You get 1 Buck for each Point you earn, plus Bonus Bucks when you reach a higher Status. These Bucks add up for you to spend in the Go365 Mall on products from popular brands and retailers. Visit the Go365 Mall online or on the Go365 App to see all the great products, deals and offers.

Popular brands

E-GIFT CARDS

Rewards start at
1,000 Bucks (\$10 value)



FANDANGO

Rewards start at
1,200 Bucks (\$12 value)



Rewards start
at 4,500 Bucks
(\$45 value)



Rewards start
at 11,900 Bucks
(\$119 value)

FITNESS DEVICES AND GEAR

Rewards start at 2,500 Bucks
(Garmin Vivoki & Fitbit Zip)



Deals and offers



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

Charities

Rewards start at
1,000 Bucks (\$10 donation)



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



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



Get Go365 support at
community.Go365.com

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.

Bucks must be redeemed within **two** years following the year they are earned. This means that unused Bucks earned anytime in year 1 will expire on the last day of year 3.

GCHJMHREN 1218



Play Pick6

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



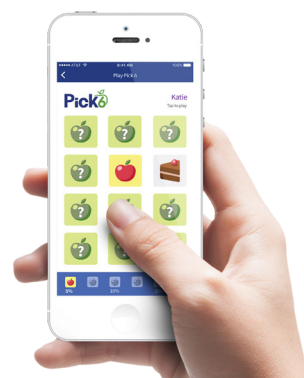
HealthyFood. Healthy Savings.

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

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

Play. Pick. Win.

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



What — no HealthyFood Shopping Card?

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



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

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

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

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

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

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

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

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

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

GCHJM4REN 0816

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' hódílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé' níká'adoowoł.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك

Go365™ Biometric Screening



NOTE: Humana will pay for one biometric screening from your physician each year as long as it's coded as preventive- screening at Quest or LabCorp is not limited.

To receive your Points, you must send this completed form within 90 days of completing the activity. Please keep a copy of the form for your records.

Member Instructions:

1. Set up your appointment with the provider of your choice*. When you make your appointment tell the provider what measurements you need. Those measurements could include height, weight, blood pressure, complete cholesterol or fasting blood glucose tests. The HbA1c test is needed if it is part of your active goal to get your blood glucose in healthy range.
** Use this form at the doctor's office, clinic, or health facility of your choice. You can get a Biometric Screening when you visit your doctor as part of your annual wellness visit check-up. You can also obtain your Biometric Screening from a Go365 participating provider near you. NOTE: You may incur out of pocket costs depending on your plan benefits.*
2. Fill out **Section A: Member information/Attestation**
3. Take this form with you and give it to your provider
4. Send the completed form to Go365. You can ask your provider to send it for you, but you are responsible for making sure Go365 receives the form.

Provider Instructions:

1. Fill out **Sections B, C and/or D and E**. Fill out **Section C** or **D** depending on the measurements or tests the patient needs. Hand-write the measurements or test results on the form. Proof of the patient's measurements or test results does not need to be submitted.

Section A: Member information – please print

First name:	Last name:
Member / Subscriber (Sub) ID#:	Date of birth (MM/DD/YYYY):
Phone number:	

Attestation / Consent to release and use of information

I consent to the release of my fitness / medical information and test results (if applicable) to Go365 and its representatives. A photocopy of this consent shall be as effective and valid as the original. This consent shall be considered valid for one year from the date signed.

Included with this form is a Notice provided to me by Go365 that explains completion of my biometric screening is voluntary. I have read and accept this Notice.

I understand and agree that Go365 and its representatives have the right to request and review, at any time, applicable screening test(s) to confirm the accuracy of the information and results provided to Go365.

Member signature	Date (MM/DD/YYYY):
------------------	--------------------

Go365™ Biometric Screening

Section B: Provider information – please print

Doctor/practice/facility name:

Address:

National provider ID# or CLIA#:

Phone number:

Section C: Body and Blood Pressure Measurements

Date of measure (MM/DD/YYYY):

Height (Inches):

Systolic blood pressure (mmHg):

Weight (lbs):

Diastolic blood pressure (mmHg):

Body mass index (BMI):

Waist circumference (inches):

Section D: Clinical laboratory test results

Fasting blood glucose (mg/dL):

HDL cholesterol (mg/dL):

Total cholesterol (mg/dL):

Triglycerides (mg/dL):

LDL cholesterol (mg/dL):

Optional* HbA1c (%):

* The HbA1c test is needed only if it is part of your active goal to get your blood glucose in healthy range. There may be a cost associated with this test. Ask your provider for more information.

Section E: Certification of results – please print

I certify I personally tested this individual and attest to the accuracy of results reported herein.

First / last name of person conducting measure / test:

Title:

Provider signature:

Date (MM/DD/YYYY):

Go365™ Biometric Screening

Send the completed form any of these ways:

Fax: 1-877-250-7814

Mail: Go365
P.O. Box 14613
Lexington, KY 40512-4613

Preferred method - upload from your computer through your Go365 web portal.

Important Note: Go365 reserves the right to confirm the accuracy of all information received and we may audit your submission at any time. Invalid or inaccurate submissions will result in the denial or removal of Bucks and/or Points. Adult children are not eligible to earn Points for biometric screening completion or healthy in-range results.

NOTICE REGARDING WELLNESS PROGRAM

Go365 is a voluntary wellness program available to all eligible Go365 members. The program is administered according to federal rules permitting wellness programs that seek to improve health or prevent disease.¹ If you choose to participate in the wellness program you will be asked to complete a voluntary health assessment or “HA” that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be offered the opportunity to complete a biometric screening, which will include a blood test for cholesterol and glucose levels. You are not required to complete the HA or to participate in the blood test or other medical examinations.

However, individuals who choose to participate in the wellness program will receive various incentives (Points) for completing a range of activities promoting health. Although you are not required to complete the HA or participate in the biometric screening, only individuals who do so may be eligible to receive the Points associated with those activities.²

Additional Points are³ awarded for individuals who participate in health-related activities or achieve certain health outcomes. If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn the Points, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by calling the number on the back of your Member ID card.

The information from your HA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program, such as health coaching. You also are encouraged to share your results or concerns with your own doctor.

Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although Go365 [and your employer, if applicable] may use aggregate information collected to design a program based on identified health risks in the workplace, Go365 will never disclose any of your personal health information either publicly or to the employer, except as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program may not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by similar confidentiality requirements. The only individual(s) who will receive your personally identifiable health information are those who you authorize to receive the information such as a registered nurse, a doctor, or a health coach.

Please refer to the Go365 Notice of Privacy Practices for additional information on ways Go365 uses and protects your confidential medical information. You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate. If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact your Human Resources professional at your place of work.

¹ For employees whose employers have provided Go365 as part of the employer-sponsored wellness program, these laws include the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others.

² Points are not rewarded for eligible adult and minor children of Go365 members who complete the HA or biometric screening, and who achieve certain outcomes on the biometric screening.

³ See footnote 2.

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

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

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

注意：如果您使用繁體中文，您無需付費獲得語言援助服務。請致電會講粵語的電話號碼。