

GETTING TO **GOLD STATUS**

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

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

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

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

Individual (8,000 Points)

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



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



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

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

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

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

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

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

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

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 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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