

It's simple to get started with Go365™

Here's how to earn rewards for your healthy living activities.

It's as easy as 1,2,3...



1. Register for Go365

Download the App, Click "Register Now", and follow prompts to create username and password. You will need your Humana Member ID to get started.

*Already registered and forgot your password? That's okay follow the prompts!

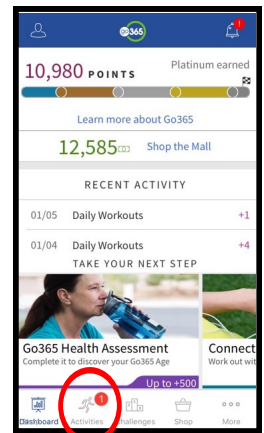
*Your MyHumana and Go365 login information are the same



2. Earn Points for your verified workouts and tracking steps.

Connect a Fitness Device or Compatible App:

Login to the Go365 app, select "More", "Account - Settings" - "App & Device Connections". Select your device or compatible app and click connect.



3. Complete the Health Assessment

Click "Activities" and complete all 6 sections of the Health Assessment to get your Go365 Age.

Reward yourself!

Use bucks to buy gift cards to your favorite retail stores!

The more points you earn, the more Bucks you will have to spend in the Go365 Mall.



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 three 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 4.

Go365 activities summary

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



Fitness

Activity	Points	
Daily Workout Points	up to 50/day maximum	
Steps	1	per 1,000 steps
Heart rate	5	for every 15 minutes above 60% of maximum heart rate
Calories	5	per 100 calories if burn rate exceeds 200 calories/hr.
Participating fitness facility	10	once/day
Bonus Points		
Exceed 50 weekly workout Points	50	only one bonus awarded per week
Exceed 100 weekly workout Points	100	
First lifetime verified workout	500	once/lifetime
Sports league	350	up to 1,400/program year
Challenges		
Participate in a member-created Challenge	50	Up to 100/month for all Challenge-related activities
Participate in a sponsored Challenge	50	
Athletic events		
Level 1	250	up to 3,000/program year
Level 2	350	
Level 3	500	

Prevention

Activity	Points	
Health screening*	400	per eligible screening
Dental exam	200	up to 400/program year
Vision exam	200	once/program year
Flu shot	200	once/program year
Nicotine test	400	once/program year

Education

Activity	Points	
Health Assessment full completion	500	once/program year
OR Earn 50 Points for each section you complete. Bonus Points when you complete all six sections.		
Bonus Points		
First Step Health Assessment Bonus	500	once/lifetime
Fast Start Health Assessment Bonus	250	completion within the first 90 days/program year
Calculator(s)	75	up to 300/program year
CPR certification	125	once/program year
First-aid certification	125	once/program year
Update/confirm your contact information	50	once/program year
Monthly Go365.com, Humana.com or Go365 App sign-in	10	up to 120/program year
First time Go365 App sign-in	50	once/lifetime
Accept online statements	50	once/lifetime

Healthy living

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

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

Biometric screening completion:*			Biometric screening in-range Points:		
Body mass index (BMI)	800	once/program year	Body mass index (BMI)	800	once/program year
Blood pressure	400		Blood pressure	400	
Blood glucose	400		Blood glucose	400	
Total cholesterol	400		Total cholesterol	400	

See page 10 for biometric screening healthy ranges.

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

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

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.