



It's simple to get started with Go365™. Here's how to earn rewards for your healthy living activities.

### 1. Register or Sign-in on at Go365.com the Go365 App

Enter only the first 9 digits, on your Member ID. Click "Forgot username or password" if you don't remember your login.\*

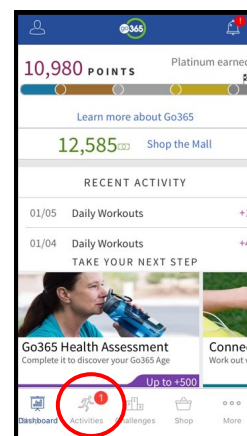
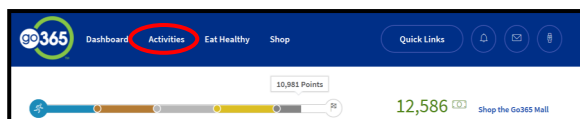


### 2. Get your Go365 Age

Is your health age the same as your real age? Find out by taking the Health Assessment

### 3. Click "Activities" and complete all sections of the Health Assessment

You'll earn up to 1250 Points (for completing your Health Assessment).



### 4. Keep earning Points by completing healthy activities

- Biometric Screening
- Setting Goals & Milestones
- Preventative Exams (Dental, Vision, etc.)
- Blood Donation
- Flu Shots
- CPR/First Aid Certifications
- Athletic Events & Sports Leagues
- Verified Workouts/Steps
  - ▶ Connect a fitness device or app from your smartphone to track steps or calories burned
  - ▶ Connect your partner gym on Go365.com

### 5. Spend your Bucks in the Go365 Mall

The more points you earn, the more Bucks you will have to spend in the Go365 Mall. Use your bucks to buy rewards!





# YOUR HEALTH BY THE NUMBERS



Your annual biometric screening is a way to say you care about your health and your family. It's important to know your numbers and get a better understand of your health.

## The screening is a set of quick checks:

- Cholesterol
- Blood glucose
- Height and Weight
- Blood pressure
- Waist circumference

## Points and Bucks breakdown

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 up to 4000 points on your biometric screening**

**Fasting is highly recommended—no food or beverages (other than water) for 10 hours**

## Make your appointment today

- **In-office Screening** - see employer for registration
- **Your primary care provider (PCP)** - Complete the screening form on Go365.com
- **Quest Diagnostics (6 Austin locations)** - Registration and scheduling on Go365.com

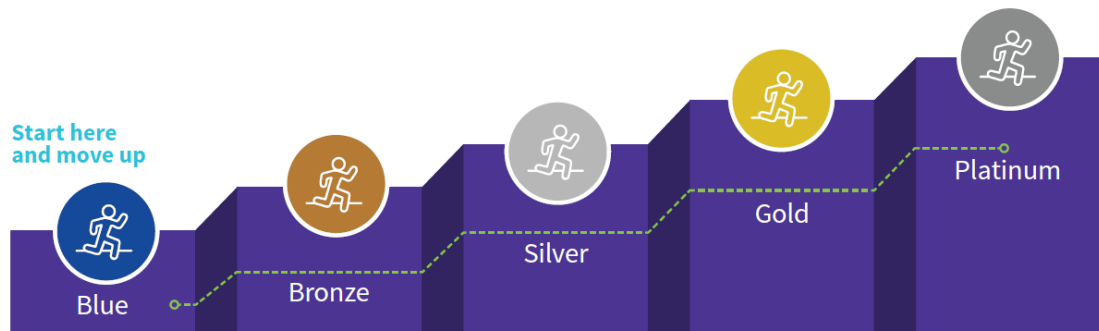
Please bring your Humana member ID number and a valid photo ID to your screening.



# GETTING TO **SILVER STATUS**

Earn points so you can move up to Silver Status and receive even more rewards! With Go365™, you can earn Points by participating in Activities, Recommended Activities, Go365 Kids and Challenges on Go365.com or on the Go365 App.

Here's the number of Points needed to move up to each 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**

**combined** two adults per policy

**+3,000**

for each member 18 years and older per policy

**8,000**

One adult per policy

**12,000**

**combined** two adults per policy

**+4,000**

for each member 18 years and older per policy

**10,000**

One adult per policy

**15,000**

**combined** two adults per policy

**+5,000**

for each member 18 years and older per policy

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

Keep moving up in Status to earn even more Bonus Bucks and increase your buying power in the Go365 Mall.

Status	Awarded for primary Go365 member		Awarded for each additional family member 18 years and older	
	Bonus Bucks Awarded for next Status level achievement	Bonus Bucks Awarded when you reach your prior year highest Status	Bonus Bucks Awarded for next Status level achievement	Bonus Bucks Awarded when you reach your prior year highest Status
Bronze	0	0	0	0
Silver	500 (1,000 Bonus Bucks awarded the first time you reach Silver Status)	1,000	250	500
Gold	1,500	3,000	750	1,500
Platinum	5,000	10,000	2,500	5,000

**Spend your Bucks! You can get a \$25 Amazon Gift Card for 2500 Bucks!**



Here are a few popular activities that can help you or your family reach Silver Status in the first 12 weeks of your Go365 program year.

## Individual (5,000 Points)

Activity	Point Value
Health Assessment (all sections)	500
Bonus - Health Assessment 90-day completion (all sections)	250
Bonus - First step Health Assessment (once per lifetime) (all sections)	500
Biometric screening completion	2,000
In healthy range biometric screening results:	
Blood pressure	400
Blood glucose	400
Dental exam	200
Flu shot	200
Daily fitness Points (over 12 weeks):	
Two fitness facility workouts per week (10 Points x 24 workouts)	240
Complete an organized 5K walk or run	250
Calculators (x1)	75
<b>Total Points</b>	<b>5,015</b>

## Family; 2 adults + child (8,000 Points)

5,000 Points for primary Go365 member + 3,000 Points for additional adult family member

Activity	Point Value
Health Assessment (2 adults; 500 Points x 2)	1,000
Bonus - Health Assessment 90-day bonus (2 adults; 250 Points x 2)	500
Bonus - First step Health Assessment (2 adults; 500 Points x 2)	1,000
Biometric screening completion (2 adults; 2,000 Points x 2)	4,000
In healthy range biometric screening results (1 adult):	
BMI	800
Calculators (1 adult; 75 Points x 4)	300
Blood donation (1 adult; 50 Points x 2)	100
Sports league participation (1 adult)	350
Monthly <b>Go365.com</b> visit (1 adult; 10 Points x 12 months)	120
Daily fitness Points (1 adult; over 12 weeks):	
8,000 steps per day achieved 5 days per week (8 Points x 60 days)	480
First lifetime verified workout (1 adult)	500
First verified workout of the new program year (1 adult)	750
Kids sports league (100 Points x 2)	200
Kids preventive care visit	200
Kids dental exam	100
<b>Total Points</b>	<b>8,400</b>

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