



Your dependents under 18 years old who are part of your Go365 program can earn Points that contribute to your family’s Points total and Status. Points listed are per program year unless stated otherwise.

1,000 maximum Points per program year.

Activity	Points
Education	
Kids 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. No Points are awarded for Kids Health Assessment completion.	
Prevention	
(up to 500 Points per program year per child)	
Kids preventive care visit	200
Kids dental exam	100 (up to 200/program year)
Kids vision exam	100
Kids immunizations	100
Kids flu shot	100
Fitness	
Kids sports league	100 each (up to 200/program year)
Kids athletic events	50 each (up to 200/program year)

Children may earn up to 200 Points per program year for participating in an employer-sponsored event. Go365 Kids not available on all Go365 programs.

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 your Points earning potential. For additional details regarding eligible activities and how to earn and redeem Points, please visit [Go365.com](#).

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 healthcare practitioner) to develop another way to qualify for the reward.

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!
- **Go365 Kids** – Even your kids can get involved and make getting healthier and earning Points a family affair. They’ll earn Points for doing healthy things they already enjoy, like playing on a soccer team, as well as for getting checkups and shots.

Earn more when you do more

The more Go365 Activities you complete, the more Points you earn — and the higher your Status. When you have other members of your household enrolled in Go365, their healthy activities can count toward Points, too.
















Here’s the number of Points needed to move up to each Status:



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

Activities and Points - Adults 18+

Education







Activity	Points
Health Assessment 	
Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year. Adult children are not eligible to earn Points or Bonus Points for Health Assessment completion.	500
Health Assessment sections 	
OR >> Get Active >> Eat Better >> Reduce Stress >> Be Well >> Stay Healthy >> Know Me	50
<i>200 Bonus Points when you complete all six sections</i>	
Bonus Points	
First Step Health Assessment 	500 once/lifetime
90-Day Health Assessment 	250
Weekly log* 	10 weekly
Sleep diary* 	25 weekly
Daily health quiz* 	2 daily
Health Coaching* 	
Enrolling (first time enrollees only)	200 once/lifetime
Three phone interactions or three online chats (individually or combined)	50 up to 600/per program year
Six email interactions or six progress note entries (individually or combined)	
Calculators 	75 each (up to 300/program year)
CPR certification 	125
First-aid certification 	125
Update/confirm contact Information 	50
Monthly Go365.com visit 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
Not available to all Go365 members	

  
WEB AND APP | APP ONLY | WEB ONLY




*Activities will award Points under Personalized Activities on your Go365 Statement.
Maximum Points for Health Assessment completion per program year is 500. 90-day bonus awarded for full Health Assessment completion within the first 90 days of your program year.

Points listed are per program year unless stated otherwise.

Prevention

Activity	Points
Health screening* 	400 per screening (up to 400/program year)
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
Adult children are not eligible to earn Points for biometric screening completion.	
*Subject to certain requirements and will appear on your Go365 Statement if they are applicable to you.	











Healthy living

Activity	Points
Blood donation 	50 each (up to 300/program year)
Nicotine test (in-range results) 	400
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
Adult children are not eligible to earn Points for biometric screening in-range results	

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235 (TTY: 711)**.
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Fitness

Activity	Points
Verified workout types: 	
participating fitness facility, steps, calories, heart rate (HR)	
Steps*	1 Point per 1,000 steps
Heart Rate (HR)*	5 Points for every 15 minutes above 60% of maximum HR
Calories*	5 Points per 100 calories if burn rate exceeds 200 calories/hour
Participating fitness facility*	10 per daily visit
Bonus Points	
Exceeded 50 weekly workout Points 	50/week Only one bonus awarded per week
Exceeded 100 weekly workout Points 	100/week
First lifetime verified workout 	500
First verified workout each new program year 	750
Fitness Habit** 	up to 25/month
Sports leagues 	350 Points per league team (Up to 1,400/program year)
Challenges**	
Sponsored Challenges are set up by employers. Community Challenges are set up by members.	
Create a Challenge – community 	50
Join a Challenge – community 	50
Create a team – sponsored 	50
Join a team – sponsored 	50
Athletic events 	(Up to 3,000/program year)
Level 1 (example: 5K)	250
Level 2 (example: 10K)	350
Level 3 (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. Points for device workouts are awarded in Eastern Standard Time (EST).
**Activities will award Points under Personalized Activities on your Go365 Statement.