



Say hello to Go365[®] by Humana for Medicare members

Go365 is the wellness program personalized just for you, and rewards you for making healthier choices.

You are already enrolled! Follow these easy steps to get started:

Visit Go365.com and click the Register now button to get your account going. *(You will need your Humana member ID number or your Social Security number).* **Select Continue and you're all ready!**

If you've already registered on Humana.com then sign in to Go365.com using the same username and password. If you're participating in Go365 by mail pick an activity and get started.

Here are some of the healthy things you can do with Go365:

- Participate in fitness activities like tracking the steps on your walk, working out at a fitness facility, or completing a 5K run. Always consult your doctor before starting a new exercise.
- Get more information and education about your health, or get personal support from a health coach.
- You earn Go365 Bucks for every eligible activity you complete. Go365 Bucks aren't cash, but you can use them in the Go365 Mall for great items like gift cards and fitness devices.

Register or sign in at Go365.com – or – call the number on the back of your Humana member ID.



Join the Go365 support community
community.medicare.Go365.com



Earn Go365 Bucks when you complete healthy activities – 1,000 Go365 Bucks = \$10 Gift Card

That's just one or two preventive screenings, or tracking your first-ever workout in the Go365 program.



How to use Go365

Making healthy choices can be easier – and lots more fun – with Go365. When it comes to health and wellness, you most likely have your own approach. One that works for you.

Go365 helps make it easier for you to get moving along your own path, at your own pace, by providing many ways for you to make healthier choices, earn rewards, and have some fun.

There are plenty of healthy activities to choose from. To get the most benefit from Go365, you should consider doing just one of the following activities:

- Complete preventive screenings
- Complete one or more verified workouts per week
- Engage in ongoing health coaching sessions
- Complete a recommended activity after completing your Go365 Health Assessment

Find the Go365 activities that may work for you.

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You earn Go365 Bucks for every eligible activity you complete. You can earn up to 30,000 Go365 Bucks each program year.

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Prevention

Create your own wellness journey with Go365. There are plenty of healthy activities to choose from, and you'll earn Go365 Bucks for every one you complete.



Prevention Activities

Go365 Bucks

Welcome to Medicare Exam*	1,000
Annual Wellness Visit	500
Mammogram	500
Colorectal Screening	1,000
Cardiovascular Disease Screening	500
Bone Density Test	500
Flu Shot	500
Dental Exam	500
Vision Exam	500

*Once-in-lifetime reward for first time only.

You automatically earn Go365 Bucks for each eligible prevention activity you complete if your Medicare claims go through Humana. If you do not have Humana Dental or Humana Vision, you will need to submit proof on [Go365.com](https://www.Go365.com) or mail in a form to earn Go365 Bucks.



Biometric Screening

A biometric screening is a short health exam with a medical professional that helps establish a baseline and may help determine if you're at risk for certain medical conditions. It measures:

- Body Mass Index (BMI)
- Blood Pressure
- Blood Glucose Screening (Diabetes Test)
- Cholesterol

To get your biometric screening, set up an appointment with a doctor, clinic, or healthcare facility of your choice. A great time for your biometric screening is during your "Welcome to Medicare" preventive visit or your Annual Wellness Visits.

You will need to take a biometric screening form with you to your appointment. You can get the form online at Go365.com/BiometricForm. If you requested to participate in Go365 by mail, the form was mailed to you. Or you can call the number on the back of your Humana ID and request a form.



Biometric Screening Activities

Go365 Bucks

Body Mass Index (BMI)	1,000
Blood Pressure	1,000
Blood Glucose Screening (Diabetes Test)	1,000
Total Cholesterol	1,000

Go365 Bucks are not earned automatically for a biometric screening. To earn Go365 Bucks, you or your doctor must send the completed form to Go365 at either the fax number or mailing address shown on the form.



Fitness



Fitness Activities

Go365 Bucks

Verified Workout: Participating fitness facility, SilverSneakers® Fitness program, fitness device, or mobile apps

First Verified Workout per Lifetime*	500	
First Verified Workout Each Year	750	
Athletic Event: Running/walking, cycling, triathlon, etc.	250	up to 1,500/year
Highest Total Go365 Bucks You Can Earn Each Day for:		
Steps	1	per 500 Steps
Heart Rate Monitor	5	for every 10 minutes above 60% maximum heart rate
Calories	5	per 100 calories if burn rate exceeds 200 calories per hour
Verified Workout at SilverSneakers	15	per day
Verified Workout at Participating Fitness Facility	15	per day
Daily Go365 Bucks Maximum	50	
Weekly Bonus	50	if sum of daily Go365 Bucks is more than 50
	100	if sum of daily Go365 Bucks is more than 100

*Once-in-lifetime reward for first time only.

Please talk with your doctor before beginning any workout plan or any Go365 activities. If you are medically unable to perform these tasks, you may call customer care and we will work with you to find another way to earn Go365 Bucks. You automatically earn Go365 Bucks for fitness activities you complete at a participating fitness facility including SilverSneakers, you can automatically earn Go365 Bucks when you use a fitness device to track your steps, heart rate, or calories burned. You can track those activities manually on a Fitness Device Activity log or by connecting your device to your Go365 account.

If you participate in an Athletic Event, you can submit proof on Go365.com or complete a Go365 by Humana Athletic Event form and send it to us with proof you of your participation. You can get the form online at Go365.com/AthleticForm. If you requested to participate in Go365 by mail, call the number on the back of your Humana ID and request a form.



Build up your Go365 Bucks with Fitness Activities.

Look how easy it can be to earn Go365 Bucks for Fitness Activities you may already be doing.
Here's an example of how a member who walks or works out almost every day,
could be earning Go365 Bucks.



Education

Taking the Go365 Health Assessment can be the first step to learn more about your health.

The Go365 Health Assessment is designed to help you understand your current state of health and find simple ways for you to make positive changes.

Once you've completed your Go365 Health Assessment, you'll find out your Go365 Age. If your Go365 Age is younger than your actual age, you'll receive recommendations on how to keep fit and healthy. If your Go365 Age is older than your actual

age, we'll help you find simple, healthier options that can lower your Go365 Age little by little.

Here's how to take the Go365 Health Assessment:

- **Visit Go365.com** or fill out and mail the Go365 Health Assessment Form if you're participating in Go365 by mail
- Answer questions about your current health and lifestyle – it only takes a few minutes

Don't worry if you're not sure about some of the questions we ask, like your blood pressure or cholesterol level. You'll still be able to learn your Go365 Age and participate in the program.



Education Activities

Go365 Bucks

Complete Go365 Health Assessment	500	
First Time Go365 Health Assessment Completion Bonus*	500	
Go365 Health Assessment Bonus + (complete within 120 days of effective date each year)	250	
Health Calculators	50	up to 200/year
Humana Health Education Classes (up to four/year) Find a class at Humana.com/InYourNeighborhood	100	up to 400/year
Health Coaching:		
Enrolling*	200	
Ongoing Telephone or Email Session	50	up to 50/month
Update Contact Information	50	

* Once-in-lifetime reward for first time only.

+ For completion of the Go365 Health Assessment within the first 120 days of your Go365 plan year.



Spend your Go365 Bucks in the Go365 Mall

After you earn your Go365 Bucks, go ahead and spend them in the Go365 Mall. Choose from great items like gift cards, fitness devices, and more! Be sure to spend your Go365 Bucks* by December 31.

1,000 Go365 Bucks = \$10 gift card

Just one or two completed eligible preventive screenings can earn you a \$10 gift card!



[Go365.com/Shop](https://www.Go365.com/Shop)



Humana is a Medicare Advantage HMO, PPO, and PFFS organization with a Medicare contract. Enrollment in a Humana plan depends on contract renewal. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits may change each year.

Discrimination is Against the Law

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. Please call Customer Care at the number on the back of your Humana member ID card.

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

Comuníquese con el Departamento de Atención al Cliente llamando al número en el dorso de su tarjeta de identificación de afiliado de Humana.

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 Humana 會員卡背面的電話號碼與客戶服務部聯絡

In accordance with the federal requirements of the Centers for Medicare and Medicaid Services, no amounts on the gift cards shall be used to purchase covered medical supplies or prescription drugs, nor are they redeemable for cash.

Programs such as SilverSneakers are not available on all Humana Medicare plans. Please check your Summary of Benefits or Evidence of Coverage to review your eligibility.

*Go365 Bucks have no cash value and must be earned and redeemed within the same plan year. Those Go365 Bucks not redeemed by December 31 will be forfeited.



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community.medicare.Go365.com

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