

Go365™ by Humana Biometric Screening Form



Step 1: Get ready for your doctor's appointment - (You fill out this section)

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 Annual Wellness Visit. When you make the appointment, tell them you need:

- Height, weight and blood pressure measurements
- Complete cholesterol and blood glucose tests

Take this form with you to your appointment. Send the completed form to Go365™ by Humana. You can make arrangements with your doctor to send the completed form to Go365, but you're responsible for making sure Go365 receives the form. Please be aware that we must receive this form by December 15 in order for us to process before the year ends. You must spend all of your Bucks by December 31 or they will expire. You may incur out-of-pocket costs depending on your plan benefits.

Member information and consent to release information – please print

Member ID number:

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First name:

Last name:

Date of birth (MM/DD/YYYY):

Phone number:

I consent to the release of my fitness / medical information and test results (if applicable) to Go365 and its representatives. A photocopy of this consent shall be as effective and valid as the original. This consent shall be considered valid for one year from the date signed.

I understand and agree that Go365 and its representatives have the right to request and review, at any time, applicable screening test(s) to confirm the accuracy of the information and results provided to Go365.

Member signature

Date (MM/DD/YYYY):

Step 2: Get your biometric screening – (Your doctor or clinic fills out this section)

Biometric screening results

Date of measurement/tests or doctor's visit (MM/DD/YYYY):

Body measurements*	Blood pressure (mm Hg)*
Height (inches):	Systolic:
Weight (pounds):	Diastolic:
Waist (inches):	

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Cholesterol (mg/dL)	Blood sugar
Total cholesterol:	Blood glucose (mg/dL):
LDL cholesterol:	HbA1c*% (Optional):
HDL cholesterol:	* The HbA1c test is optional, but is needed if it's part of your active goal to get your blood glucose in healthy range. There may be a cost associated with this test. Ask your doctor for more information.
Triglycerides:	

****** The values submitted on this document will also update the Go365 Health Assessment. If you are working on a recommended activity and only want that information updated on the Go365 Health Assessment, only enter the new information.

Certification of results – please print

I certify I personally tested this individual and attest to the accuracy of the results reported herein.

Doctor/practice/health facility name:

First name/last name of doctor/health professional:

Phone number:

Signature:

Date (MM/DD/YYYY):

Send the completed form any of these ways:

FAX: 1-877-250-7814

Online: Sign in to Go365.com. In the top navigation, click on Quick Links, then Forms.

Mail: Go365
P.O. Box 14613
Lexington, KY 40512-4613

Important Note: Go365 reserves the right to confirm the accuracy of all information received and we may audit your submission at any time. Invalid or inaccurate submissions will result in the denial or removal of Bucks. Bucks have no cash value and must be earned and redeemed within the same plan year. Those Bucks not redeemed by December 31 will be forfeited.

Humana is a Medicare Advantage HMO, PPO, and PFFS organization with a Medicare contract. Enrollment in any 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 comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Humana Inc. and its subsidiaries provide:

- Free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.
- Free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call the number on your ID card or if you use a TTY, call 711.

If you believe that **Humana Inc. and its subsidiaries** have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Discrimination Grievances
P.O. Box 14618
Lexington, KY 40512 - 4618

If you need help filing a grievance, call the number on your ID card or if you use a TTY, call 711.

You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**

Multi-Language Interpreter Services

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call the number on your ID card (TTY: 711).

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación (TTY: 711).

繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電會員卡上的電話號碼 (TTY: 711)。

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số điện thoại ghi trên thẻ ID của quý vị (TTY: 711).

한국어 (Korean): 주의 : 한국어를 사용하시는 경우 , 언어 지원 서비스를 무료로 이용하실 수 있습니다 . ID 카드에 적혀 있는 번호로 전화해 주십시오 (TTY: 711).

Tagalog (Tagalog – Filipino): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero na nasa iyong ID card (TTY: 711).

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Наберите номер, указанный на вашей карточке-удостоверении (телетайп: 711).

Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki sou kat idantite manm ou (TTY: 711).

Français (French): ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro figurant sur votre carte de membre (ATS : 711).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Proszę zadzwonić pod numer podany na karcie identyfikacyjnej (TTY: 711).

Português (Portuguese): ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número presente em seu cartão de identificação (TTY: 711).

Italiano (Italian): ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero che appare sulla tessera identificativa (TTY: 711).

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Wählen Sie die Nummer, die sich auf Ihrer Versicherungskarte befindet (TTY: 711).

日本語 (Japanese): 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。お手持ちの ID カードに記載されている電話番号までご連絡ください (TTY: 711)。

فارسی (Farsi):

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد.
با شماره تلفن روی کارت شناسایی تان تماس بگیرید (TTY: 711).

Diné Bizaad (Navajo): Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, námbóo ninaaltsoos yézhí, bee nées ho'dółzin bikáá'ígíí bee hólne' (TTY: 711).

العربية (Arabic):

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم الهاتف الموجود على بطاقة الهوية الخاصة بك (رقم هاتف الصم والبكم: 711).