

2022 Workout Tracker



2022 Workout Tracker

Use the coupons enclosed to track your workouts. Earn up to \$120 in rewards per year that you can redeem for gift cards in the Go365[®] Mall!

HERE'S THE EASY WAY TO TRACK YOUR WORKOUTS

On each of the attached monthly coupons, verify you've completed at least 8 qualifying workouts that month. Qualifying workouts include things like SilverSneakers®, walking a minimum of 500 steps a day—whether on a walk or enjoying a physical activity like golfing or tennis or taking a fitness class..

Earn \$5 in rewards each month for completing 8 workouts or \$10 in rewards for 16 workouts or more. That's up to \$120 in rewards a year!

Fill in your member information, sign and date. Return each monthly Workout Tracker in the enclosed return envelope or in a stamped envelope and mail to:

Go365 by Humana P.O. Box 14613 Lexington, KY 40512-4613

Please note: Go365 reserves the right to confirm the accuracy of information received. Submission of incorrect or inaccurate information may result in the member not earning rewards. Please consult your doctor before beginning any new workout plan to ensure the amount of physical activity is appropriate based on your individual health status/condition.

Go365 by H	umana®	Workout	Iracker				January	2022	
Member ID#									
First name				Last name					
Date of birth				Phone number					
Earn \$	5 in reward	s when you	complete 8 v	vorkouts a r	nonth! Earn \$1	0 in rewards	for 16 work	kouts!	
Dates	/2022	/2022	/2022	/2022	/2022	/2022	/2022	/2022	
completed for January	/2022	/2022	/2022	/2022	/2022	/2022	/2022	/2022	
CONSENT TO RE as listed on the and agree that (Member signature	workout track	ker and that in	formation sub	pmitted with	this request is ac	curate and co	mplete. I und	tivities lerstand	
Co26E by U			Fracker					2022	
Go365 by H Member ID#	umana°	VVOIKOUL	пискег				ebruary	2022	
First name				Last name					
Date of birth				Phone number		_			
Earn \$5 ir	n rewards w	hen you con	nplete 8 wor	kouts a mor	th! Earn \$10 ir	n rewards for	[•] 16 workou	ts!	
Dates	/2022	/2022	/2022	/2022	/2022	/2022	/2022	/2022	
completed for February	/2022	/2022	/2022	/2022	/2022	/2022	/2022	/2022	
CONSENT TO RELEASE AND USE INFORMATION: By signing this form, I acknowledge that I participated in the activities as listed on the workout tracker and that information submitted with this request is accurate and complete. I understand and agree that Go365® and its representatives have the right to review and verify the information on this form. Member signature Date ////////////////////////////////////									
Co26E by U			Frackor				Mauch	2022	
Go365 by H Member ID#	umunu	VVOIKOUL	пискег				March	2022	
First				Last					
name				name Phone					
Date of birth				number					
Earn \$5 ir	n rewards w	hen you con	nplete 8 wor	kouts a mor	nth! Earn \$10 ir	n rewards for	^r 16 workou	ts!	
Dates completed	/2022	/2022	/2022	/2022	/2022	/2022	/2022	/2022	
for March	/2022	/2022	/2022	/2022	/2022	/2022	/2022	/2022	
CONSENT TO RE as listed on the and agree that (Member signature	workout track	ker and that in	formation sul	omitted with	this request is ac	curate and co	mplete. I und	tivities lerstand	

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Go365 by	Hum	anc	I® V	Vor	kout	Trac	ker							Ap	ril 2	022
Member ID#																
First name								Last name								
Date of birth		/						Phone number		_	-		_			
Earr	n \$5 in	rewo	ards	whe	en you	ı com	olete 8	workouts o	mor	th! Earn	\$10 in	rewo	ards f	or 16 w	orkou	uts!
Dates completed		/202	2		/2022		/2022	/2022		/2022	/	2022		/2022		/2022
for April		/202	2		/2022		/2022	/2022		/2022	/	2022		/2022		/2022
CONSENT TO RELEASE AND USE INFORMATION : By signing this form, I acknowledge that I participated in the activities as listed on the workout tracker and that information submitted with this request is accurate and complete. I understand and agree that Go365 [®] and its representatives have the right to review and verify the information on this form.										ties stand						
Member signature										Date			/			
C-DCE hu	1.1			1/		Tura										000
Go365 by Member ID#	Hum	anc	I‴ V	vor	KOUT	Irac	:ker							MC	ıy 20	022
First								Last								
name Date of birth				/				Phone number		_	_		_			
Earn \$5	in rev	vards	s wh	en y	/ou co	mplet	e 8 woi	rkouts a me	onth!	Earn \$1() in rev	wards	s for 1	.6 work	outs!	
Dates		/202			/2022		/2022	/2022		/2022		2022		/2022		/2022
completed for May		/202	2		/2022		/2022	/2022		/2022	/	2022		/2022		/2022
CONSENT TO	RELEAS	SE AN	ID US	SE IN	NFORM	ATION	l: By sigr	ning this forn	n, I ac	knowledg	e that	I parti	cipate	d in the	activi	ties
as listed on th and agree tha																stand
Member										Date			/			
signature										Dute						
Go365 by	Hum	anc	R V	Vor	kout	Trac	kor							lur	0 20	022
Member ID#	num		i v	VUI	NOUL	nuc	.NCI							Jui		022
First name								Last name								
Date of birth				/				Phone		_	-		_			
Earn \$5	in rev	vards	s wh	ien y	/ou co	mplet	e 8 wo	rkouts a me	onth!	Earn \$1() in rev	wards	s for 1	l6 work	outs!	
Dates		/202	2		/2022		/2022	/2022		/2022	/	2022		/2022		/2022
completed for June		/202	2		/2022		/2022	/2022		/2022	/	2022		/2022		/2022
CONSENT TO RELEASE AND USE INFORMATION : By signing this form, I acknowledge that I participated in the activities as listed on the workout tracker and that information submitted with this request is accurate and complete. I understand																
as listed on th and agree tha																stand
Member signature	_			ſ	_		_	-		Date						

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Place your completed coupon in a stamped envelope and mail to:

Go365 by H	umana®	[°] vvorkou	t Iracker				July	2022
Member ID#								
First name				Last name				
Date of birth				Phone number		_		
Earn	\$5 in rewar	ds when yo	ou complete 8	workouts a	month! Earn \$	10 in rewards	for 16 work	outs!
Dates completed for July	/2022 /2022	/2022		/2022 /2022	/2022 /2022	/2022 /2022	/2022 /2022	/2022 /2022
as listed on the	e workout trad	cker and tha	t information su	lbmitted with	, I acknowledge this request is c w and verify the Date	iccurate and co	mplete. I und	ivities erstand
Go365 by H	Jumana®	Morkou	t Trackor				August	2022
Member ID#		VUINUU					August	2022
First				Last name				
Date of birth				Phone number	-	-		
Earn \$5	in rewards v	when you c	omplete 8 wo	rkouts a mo	nth! Earn \$10	in rewards fo	r 16 workout	ts!
Dates completed for August	/2022 /2022	/2022		/2022 /2022	/2022 /2022	/2022 /2022	/2022 /2022	/2022 /2022
as listed on the	e workout trad	cker and tha	t information su	ibmitted with	, I acknowledge this request is c w and verify the Date	iccurate and co	mplete. I und	ivities erstand
Go365 by H	lumana®	[°] Workou	t Tracker			Se	ptember	2022
Member ID#								
First name				Last name				
Date of birth				Phone number				
Earn \$5	in rewards v	when you c	omplete 8 wo	rkouts a mo	nth! Earn \$10	in rewards fo	r 16 workout	ts!
Dates completed	/2022	/2022		/2022	/2022	/2022	/2022	/2022
for September	/2022	/2022	2 /2022	/2022	/2022	/2022	/2022	/2022
as listed on the	e workout trad	cker and tha	t information su	ibmitted with	, I acknowledge this request is c w and verify the Date	iccurate and co	mplete. I und	ivities erstand

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Place your completed coupon in a stamped envelope and mail to:

Go365 by	Humana	[®] Workout	Tracker			October 2022				
Member ID#										
First name				Last name						
Date of birth				Phone number						
Earı	n \$5 in rewa	ds when you	complete 8	workouts a r	nonth! Earn \$10 in	ewards for 16 workouts!				
Dates completed	/2022	/2022	/2022	/2022	/2022 /2	022 /2022 /2022				
for October	/2022	/2022	/2022	/2022	/2022 /2	022 /2022 /2022				
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Go365 by	Humana	[®] Workout	Tracker			November 2022				
Member ID#										
First name				Last name						
Date of birth				Phone number						
Earn \$5	in rewards	when you cor	nplete 8 woi	rkouts a mor	nth! Earn \$10 in rew	ards for 16 workouts!				
Dates	/2022	/2022	/2022	/2022	/2022 /2	022 /2022 /2022				
completed for November	/2022	/2022	/2022	/2022	/2022 /2	022 /2022 /2022				
						participated in the activities e and complete. I understand				
					v and verify the inforn	•				
Member signature					Date					
Go365 by	Humana	[®] Workout	Tracker			December 2022				
Member ID#			MUST R		2/15 IN ORDER TO F	ROCESS BY END OF YEAR				
First name				Last name						
Date of birth				Phone number						
Earn \$5	in rewards	when you cor	nplete 8 wo	rkouts a mor	nth! Earn \$10 in rew	ards for 16 workouts!				
Dates completed	/2022	/2022	/2022	/2022	/2022 /2	022 /2022 /2022				
for December	/2022	/2022	/2022	/2022	/2022 /2	022 /2022 /2022				

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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.

Rewards have no cash value and can only be redeemed in the Go365 Mall. Rewards must be earned and redeemed within the same plan year. Rewards not redeemed by December 31 will be forfeited.

Receive language assistance or have materials provided in alternative formats as noted in the enclosed accessibility flyer.

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