



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 Humana® Workout Tracker

January 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number**Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!**Dates
completed
for
January

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/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

Go365 by Humana® Workout Tracker

February 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number**Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!**Dates
completed
for
February

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

Go365 by Humana® Workout Tracker

March 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number**Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!**Dates
completed
for
March

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

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Go365 by Humana® Workout Tracker

April 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number**Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!**Dates
completed
for
April

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

Go365 by Humana® Workout Tracker

May 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number**Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!**Dates
completed
for
May

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

Go365 by Humana® Workout Tracker

June 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number**Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!**Dates
completed
for
June

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

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Go365 by Humana® Workout Tracker

July 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number

Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!

Dates
completed
for
July

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

Go365 by Humana® Workout Tracker

August 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number

Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!

Dates
completed
for
August

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

Go365 by Humana® Workout Tracker

September 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number

Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!

Dates
completed
for
September

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Go365 by Humana® Workout Tracker

October 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number**Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!**Dates
completed
for
October

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

Go365 by Humana® Workout Tracker

November 2022

Member ID#

First
nameLast
name

Date of birth

Phone
number**Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!**Dates
completed
for
November

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

Go365 by Humana® Workout Tracker

December 2022

Member ID#

MUST RECEIVE BY 12/15 IN ORDER TO PROCESS BY END OF YEARFirst
nameLast
name

Date of birth

Phone
number**Earn \$5 in rewards when you complete 8 workouts a month! Earn \$10 in rewards for 16 workouts!**Dates
completed
for
December

<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022
<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022	<input type="text"/>	<input type="text"/>	/2022

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Member
signature

Date

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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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