

ONLY FOR HUMANA MEMBERS



## Earn rewards for your healthy choices

Welcome to Go365® by Humana



- **It's part of most Humana Medicare plans—no extra charge**
- Getting started with Go365 is easy. Sign into **MyHumana.com** or visit **Go365.com**.
- To participate by paper, call the number on the back of your Humana member ID card.



- **Earn rewards you can redeem for gift cards**
- Complete eligible health activities like exercise, health education and attending your preventive health appointments with your doctor.\* Once you've earned at least \$10 in rewards, choose your gift card from the list of options.\*\*



- **Choose how to track your progress**
- 1. Attend a class at a participating SilverSneakers® fitness location. Your reward may take up to 90 days to appear in your Go365 account. Your reward may take up to 90 days to show up in your Go365 account.
- 2. Connect a compatible activity tracker to Go365, log at least 500 steps a day, and earn rewards.\*\*\* You may use devices from a variety of manufacturers. Members may access the full list at [community.medicare.Go365.com/welcome](https://community.medicare.Go365.com/welcome).
- 3. Track your activities online or through the paper-based experience and return the paper-based experience to us each month to earn rewards.

Join the Go365 support community [community.medicare.Go365.com](https://community.medicare.Go365.com)

## Maintain your health, and stay involved with Go365

You can earn rewards with the following activities. Redeem your rewards for gift cards in the Go365 Mall.

Activity	Reward	Activity limit
<b>GET HEALTHY: PREVENTIVE SCREENINGS</b>		
Annual Wellness Exam	\$25 <sup>1</sup>	1 per year
Mammogram	\$30	1 per year
Colorectal screening	\$30	1 per year
Cardiovascular disease screening	\$10	1 per year
Bone density screening	\$20	once every 2 years
Flu shot	\$10	1 per year
Your reward will show up automatically in your Go365 account if the eligible activity is billed through your Humana plan. This can take up to 90 days.		
<b>GET INVOLVED: SOCIAL AND HEALTH EDUCATION ACTIVITIES</b>		
Attend a class at your Humana neighborhood center	\$5	12 per year (\$60 annual maximum)
Athletic event <sup>2</sup> (e.g. 5k walk/run, cycling)	\$5	
Volunteering <sup>2</sup>	\$5	
Go365 Community post (community.medicare.Go365.com)	\$5	
Eligible nutritional seminar or healthy living class <sup>2</sup>	\$5	
<b>GET ACTIVE: EXERCISE AND FITNESS</b>		
8–15 workouts per month (SilverSneakers, connected activity tracker)	\$5	Once per month
16+ workouts per month (SilverSneakers, connected activity tracker)	\$10	(\$120 annual maximum)

\*See full list of eligible health activities at [community.medicare.Go365.com/welcome](http://community.medicare.Go365.com/welcome).

\*\*Gift card options include: Amazon, Target, Kohl's, Shell, Walmart, CVS, Walgreens, Petco, Lowes, Darden, Subway, Panera, Spa Finder, Safeway/Albertson, Kroger, TJ Maxx/Marshall/Home Goods

\*\*\*Always speak with your doctor before beginning an exercise program.

The monetary amounts shown above represent the value of the reward earned for completing the activity, not actual dollars. Members can earn up to \$345 in redeemable gift cards in a plan year through the plan.

<sup>1</sup>Based on your plan, this is the minimum you will be rewarded for the Annual Wellness Visit.

<sup>2</sup>You will be required to fill out and submit a Go365 activity form to receive your reward for eligible activities. The forms can be found when you sign in at [Humana.com](http://Humana.com) or by requesting paper materials. The monetary amounts shown above represent the value of the reward earned for completing the activity. Rewards can not be redeemed for cash. You must redeem your rewards in the program year they are earned. **Any rewards that are not redeemed by Dec. 31 will be forfeited.** Some items may be discontinued in the Go365 Mall and new items may be added. For the most up-to-date list, visit [Go365.com](http://Go365.com) or call 1-866-677-0999. In accordance with the federal requirement of the Centers for Medicare & 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. The merchants represented are not sponsors of Go365 or otherwise affiliated with Go365. The logos and other identifying marks attached are trademarks of and owned by each represented company and/or its affiliates. Please visit each company's website for details.

**At Humana, it is important you are treated fairly.**

It is important that we treat you fairly. Discrimination is against the law. Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. Humana complies with all Federal and State Civil Rights laws. Language assistance services, free of charge, are available to you. Call 1-877-320-1235 (TTY: 711).

**Español:** Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística. **繁體中文:** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。

Y0040\_GHHKTEGEN\_21\_M

