

Only for Humana members

A fun way to earn rewards for making healthier choices



Welcome to Go365 by Humana®, the wellness program that rewards you for completing eligible healthy activities.



It's part of your Humana Medicare plan There's no extra charge—it's included in your plan

Go365 by Humana makes wellness fun and easy. We can help you reach your physical and emotional health goals. You can track your activity and redeem rewards:

- online, at [Humana.com](https://www.humana.com)
- by filling out and mailing in paper forms



Earn rewards you can redeem for gift cards

More healthy activities = more gift cards for you

Complete eligible healthy activities like walking, getting your Annual Wellness Visit or volunteering to earn rewards to redeem for gift cards. Once you've earned at least \$10 in rewards, choose your gift cards in the Go365 Mall.



Register on Humana.com

Now it's time to get going with Go365

To track your activities online anytime you wish, register at [humana.com/registration](https://www.humana.com/registration). Once you've signed in, click Go365 from your dashboard—it's that easy. You can see eligible activities to earn rewards, as well as track your completed activities. If you need additional paper materials, call the number on the back of your Humana Member ID card.

Track your exercise program the easy way

Earn \$5 in rewards a month for completing 8 workouts, or \$10 in rewards for completing 16 workouts. Here are three easy ways to track and earn:

- 1. Attend a participating SilverSneakers® Fitness class** to earn rewards automatically if your plan includes SilverSneakers. Your reward may take up to 45 days to show up in your Go365 account.
- 2. Log your workouts online** or use a paper workout tracker to record your exercise and return it to us each month to earn your reward.
- 3. Connect a compatible activity tracker to Go365**, then log at least 500 steps a day and earn automatic rewards for device workouts.

Find Go365 compatible activity trackers. Go365 is compatible with activity trackers from a variety of manufacturers like Fitbit and Garmin. For a full list, sign in to [Humana.com](https://www.humana.com) or call the number on the back of your Humana ID card.

[Humana.com](https://www.humana.com)

Join the Go365 support community [Go365.com/MedicareCommunity](https://www.go365.com/MedicareCommunity)



Earn rewards with these healthy choices

Choose activities to help you get healthy, active or involved and earn rewards for each one you complete. Your rewards can be redeemed for gift cards in the Go365 Mall.

Activity	Reward	Activity limit
GET HEALTHY: Preventive screenings		
Annual Wellness Visit	\$25	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
GET INVOLVED: Social and educational activities		
Attend a “Humana in your community” class (in person or online)	\$5	12 times per year (\$60 annual maximum)
Complete an athletic event (e.g., 5k walk/run, cycling)	\$5	
Volunteer	\$5	
Attend a Health education seminar/class (in person or online)	\$5	
GET ACTIVE: Exercise and fitness		
8-15 workouts per month—SilverSneakers®, connected activity tracker or paper fitness tracker (minimum of 500 steps/day)	\$5	Once per month (\$120 annual maximum)
16 or more workouts per month	\$10	

To receive your reward for any of the activities you complete, you must either complete and return the preventive or social activity form or sign in at Humana.com, click on Go365 and follow the directions on the appropriate activity tile to mark the activity complete.

The monetary amounts shown above represent the value of the reward earned for completing the activity, not actual dollars.

You must redeem your rewards in the program year they are earned. Any rewards that are not redeemed by 12/31 will be forfeited. Rewards have no cash value.

Some items may be discontinued in the Go365 Mall and new items may be added. For the most updated list, visit 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.

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