

## How to earn rewards with Go365 by Humana®



### It's part of your Humana Medicare Advantage plan

#### Taking care of your health can be rewarding

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

- online, at **MyHumana.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 and you can earn rewards to redeem for gift cards. Once you've earned at least \$10 in rewards, choose your gift cards in the Go365 Mall.

### Activate your Go365 Profile

#### Now it's time to get going with Go365

If you have a MyHumana account, you can use the same information to log in to **Go365.com**. If not, activate your profile at **MyHumana.com**. Once you log into Go365, you'll see eligible activities you can complete to earn rewards and details on how to track your actions.

Stay connected with Go365.

Visit **Go365.com/MedicareCommunity**.

### Track your exercise program the easy way

Earn \$5 in rewards a month for completing **12 or more 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 rewards may take up to 45 days to show up in your Go365 account.
2. **Log your workouts online** in your Go365 account or use a paper workout tracker to record your exercise. Eligible activities include yoga, dance, gardening, cycling, pickleball, strength training and more. Submit your workout within **90 days** of completion.
3. **Connect a compatible activity tracker to Go365** to earn rewards automatically when you take at least 5,000 steps a day.

Go365 is compatible with activity trackers from a variety of manufacturers like Fitbit and Garmin. For a full list, sign in to your Go365 account.

**Earn \$5 in rewards monthly when you track your eligible workouts in any of the three ways listed above.**

Activity	Go365 Rewards	Activity limit
<b>GET HEALTHY: Preventive screenings</b>		
Annual Wellness Visit	\$25 in rewards	1 per year
Mammogram	\$30 in rewards	1 per year
Colorectal screening (select one or both screening options) maximum earn \$50	up to \$50 in rewards	1 per year*
In-person colonoscopy 45+ years	\$50 in rewards	1 per year
At-home test kit 45+ years	\$20 in rewards	1 per year
Bone density screening	\$20 in rewards	once every 2 years*
Your reward will show up automatically in your Go365 account if billed through your Humana medical or pharmacy plan. This can take up to 90 days.		
<b>GET INVOLVED: Social and health educational activities<sup>†</sup></b>		
Attend a class or health education seminar offered by Humana Neighborhood Center or groups in your community. Examples may include a painting, dancing or nutrition class (in person or online)	\$5 in rewards	\$5 per month; 90 days to submit activity (\$40 annual maximum)
Complete an athletic event (e.g., 5k walk/run, cycling, tournament)	\$5 in rewards	
Volunteer	\$5 in rewards	
Attend a social club such as garden, book, religious, or sports/golf/pickleball/walking, etc. (virtual or in person)	\$5 in rewards	
Post or comment in the Go365 Member Community	\$5 in rewards	
Other fitness event (e.g. dance competition, bocce ball tournament)	\$5 in rewards	
Staying connected socially is important to your overall health and well-being. Social and cognitive activities may help contribute to better long-term mental health, and may help ward off dementia and depression. <sup>1,2</sup>		
<b>GET ACTIVE: Exercise and fitness</b>		
12 or more workouts a month. The Centers for Disease Control and Prevention recommends 150 minutes of activity a week to help manage or prevent health problems and maintain independence. <sup>3</sup>	\$5 in rewards	\$5 per month (\$60 annual maximum)

\*If applicable.

<sup>†</sup>You will be required to complete and submit a Go365 activity form to receive your reward for these activities. You can find the forms at **Go365.com/member/forms** or by requesting printed materials.

<sup>1</sup>"Broader Social Interaction Keeps Older Adults More Active," Harvard Health Publishing, last accessed June 30, 2022, <https://www.health.harvard.edu/mind-and-mood/broader-social-interaction-keeps-older-adults-more-active>.

<sup>2</sup>"Loneliness and Social Isolation Linked to Serious Health Conditions," Centers for Disease Control and Prevention (CDC), last accessed June 30, 2022, <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html%5C>.

<sup>3</sup>"How Much Physical Activity Do Older Adults Need?," Centers for Disease Control and Prevention, last accessed August 24, 2022, [https://www.cdc.gov/physicalactivity/basics/older\\_adults/index.htm](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm).

Rewards must be earned and redeemed within the same plan year. Rewards not redeemed before Dec. 31st will be forfeited. 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 **866-677-0999 (TTY: 711)**. Gift cards card cannot be used to purchase prescription drugs or medical services that are covered by Medicare, Medicaid or other federal healthcare programs, alcohol, tobacco, e-cigarettes, or firearms. Gift cards must not be converted to cash. Receive language assistance or have materials provided in alternative formats as noted in the enclosed accessibility flyer.

## Important

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

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618, **877-320-1235 (TTY: 711)**.

### Auxiliary aids and services, free of charge, are available to you.

**877-320-1235 (TTY: 711)**

Humana provides 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.

**This information is available for free in other languages. Please call our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m. Eastern time.**

**Español (Spanish):** Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711)**. Horas de operación: 8 a.m. a 8 p.m. hora del este.

**繁體中文 (Chinese):** 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：711)**。辦公時間：東部時間上午 8 時至晚上 8 時。