

# EARNING POINTS in Go365



Take the stairs. Keep your blood pressure in check.  
Eat more salads. There are lots of things you can do to get healthier.  
With Go365<sup>®</sup>, you can earn Points for doing them.

## Activities

These are things you do every day—like taking a walk or getting your flu shot—to be your healthiest.

## Recommended activities

These personalized activities are created just for you, based on what you told us about your health in your Health Assessment. Recommended activities are things like losing weight or exercising more that are designed to jump-start your health, and they're worth more Points!

## Challenges

Here's your chance to boost your health even more when you compete against friends and co-workers. Challenge them for most steps taken or pounds lost, or create your own Challenge!

## Go365 Kids

Even your kids can get involved. They'll earn Points for doing healthy things they already enjoy, like playing on a soccer team, as well as for getting checkups and shots.

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## Learn more at [Go365.com](https://www.Go365.com)

Go365 is not an insurance product. Not available with all Humana health plans. Recommended activities are not medical advice. Consult your physician. We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Contact Go365's Customer Care team by signing in to Go365.com and using the secure live chat feature on the bottom right of the screen or by calling the number on the back of your member ID card, and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

# EARNING POINTS in Go365

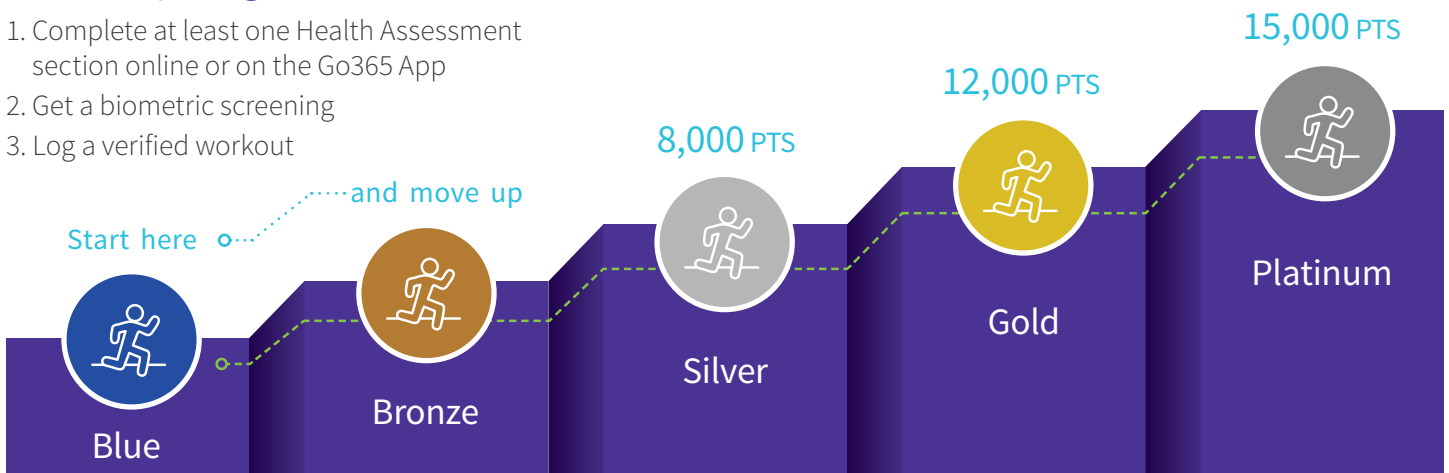


## Unlock activities to earn more Points and move up to a higher Status

Points shown are for the primary member plus one eligible member 18+. Each additional eligible member 18+ adds 3,000 Points to reach Silver Status, 4,000 Points to reach Gold Status or 5,000 Points to reach Platinum Status.

### Three ways to get to Bronze\*

1. Complete at least one Health Assessment section online or on the Go365 App
2. Get a biometric screening
3. Log a verified workout



Earn <b>Bonus Bucks</b> when you reach Silver Status or higher	500 Primary member	1,500 Primary member	5,000 Primary member
	250 Eligible member 18+	750 Eligible member 18+	2,500 Eligible member 18+
Earn <b>Double Bonus Bucks</b> when you achieve your prior year highest Status	1,000 Primary member	3,000 Primary member	10,000 Primary member
	500 Eligible member 18+	1,500 Eligible member 18+	5,000 Eligible member 18+

Bonus Bucks are not tied to Points and increase a Go365 members' buying power in the Go365 Mall. Bonus Bucks are awarded when a Go365 member reaches Silver, Gold and Platinum Status, and are doubled when the prior year highest Status is achieved. For example, a year one primary Go365 account holder reaches Gold Status at the end of their program year. The primary Go365 account holder will earn 1,000 Bonus Bucks for reaching Silver Status (1,000 Bonus Bucks are awarded the first time the primary Go365 account holder reaches Silver Status) and 1,500 Bonus Bucks for reaching Gold Status. In the primary Go365 account holder's next program year, the highest Status reached is Gold Status. In this example, 500 Bonus Bucks are awarded at Silver Status and 3,000 Bonus Bucks are awarded when the member reaches Gold Status again. Bonus Bucks apply to the 30,000 Bucks maximum each adult member can earn in a program year.

Eligible dependents 18 years of age and older earn Bonus Bucks, too. When the family reaches a new Status or when the family reaches their highest Status from the prior program year, eligible dependents will earn half the amount of Bonus Bucks awarded to the primary Go365 account holder. For example, when the family reaches Silver Status for the first time the primary Go365 account holder will earn 1,000 Bonus Bucks and each eligible dependent will earn 500 Bonus Bucks. When the family reaches Gold Status in the next program year, the primary Go365 account holder will earn 3,000 Bonus Bucks and each eligible family member will earn 1,500 Bonus Bucks.

\*Adult children can only move a family out of Blue Status by completing a verified workout.

# Activities and Points Adults 18+

Points listed are per program year unless stated otherwise.



## Education

Activity	Points
<input type="radio"/> <b>Health Assessment</b> <p>Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year. Adult children are not eligible to earn Points or Bonus Points for Health Assessment completion.</p>	500
<input type="radio"/> <b>OR Health Assessment sections</b> <p>&gt;&gt; Get Active &gt;&gt; Eat Better &gt;&gt; Reduce Stress &gt;&gt; Live Well &gt;&gt; Know Your Health &gt;&gt; Introduce Yourself</p> <p><b>200 bonus Points when you complete all six sections</b></p>	50
<b>Bonus Points</b>	
<input type="radio"/> <b>First Step Health Assessment bonus</b>	500 once/lifetime
<input type="radio"/> <b>Fast Start Health Assessment bonus</b>	250
<input type="radio"/> <b>Calculators</b>	75 each (up to 300/program year)
<input type="radio"/> <b>CPR certification</b>	125
<input type="radio"/> <b>First-aid certification</b>	125
<input type="radio"/> <b>Update/confirm contact information</b>	50
<input type="radio"/> <b>Monthly Go365.com, Humana.com or Go365 App sign-in</b>	10 (up to 120/program year)
<input type="radio"/> <b>First time Go365 App sign-in</b>	50 once/lifetime
<input type="radio"/> <b>Accept online statements</b> Available for Go365 members with Humana medical coverage only.	50 once/lifetime

## Prevention

Activity	Points
<input type="radio"/> <b>Health screening*</b>	400 per eligible screening
<input type="radio"/> <b>Dental exam</b>	200 per exam (up to 400/program year)
<input type="radio"/> <b>Vision exam</b>	200
<input type="radio"/> <b>Flu shot</b>	200
<input type="radio"/> <b>Nicotine test**</b>	400
<b>Biometric screening completion</b>	
<input type="radio"/> <b>Body mass index (BMI)</b>	800
<input type="radio"/> <b>Blood pressure</b>	400
<input type="radio"/> <b>Blood glucose</b>	400
<input type="radio"/> <b>Total cholesterol</b>	400

Maximum Points for Health Assessment completion per program year is 500. Fast Start bonus awarded for full Health Assessment completion within the first 90 days of your program year.

\*Subject to certain requirements and will appear as a recommended activity if they are applicable to you.

\*\*Cost associated with nicotine tests are the responsibility of the Go365 member. Nicotine tests are not associated with biometric screenings.

# Activities and Points Adults 18+

Points listed are per program year unless stated otherwise.



## Healthy living

Activity	Points
○ <b>Blood donation</b>	50 each (up to 300/ program year)
○ <b>Nicotine test (in-range results)</b>	400
○ <b>Virtual well-being coaching ongoing interactions</b>	10 per week (up to 520/program year)
○ <b>Weekly log</b>	10 weekly
○ <b>Sleep diary</b>	25 weekly (up to 150/ program year)
○ <b>Daily health quiz</b>	2 daily
○ <b>Fitness habit</b>	up to 25 per month
<b>Biometric screening (in-range results)</b>	
Adult children are not eligible to earn Points for biometric screening in-range results	
○ <b>Body mass index</b> $\geq 18.5$ and $< 25$ , or BMI $\geq 25$ and $< 30$ , with a waist circumference $< 40$ " for males and $< 35$ " for females	800
○ <b>Blood pressure(systolic and diastolic)</b> $< 130/85$ mm Hg	400
○ <b>Blood glucose</b> $< 100$ mg/dL or A1c $< 6.5\%$	400
○ <b>Total cholesterol</b> $< 200$ mg/dL or an HDL $\geq 40$ mg/dL for males and $\geq 50$ /mg/dL for females	400

## Fitness

Activity	Points
<b>Daily verified workout types</b>	up to 50/day
○ <b>Steps*</b>	1 Point per 1,000 steps
○ <b>Heart Rate (HR)*</b>	5 Points for every 15 minutes above 60% of maximum HR
○ <b>Calories*</b>	5 Points per 100 calories if burn rate exceeds 200 calories/hour
○ <b>Participating fitness facility*</b>	10 per daily visit
<b>Bonus Points</b>	
○ <b>Exceeded 50 weekly workout Points</b>	50 only one bonus
○ <b>Exceeded 100 weekly workout Points</b>	100 awarded per week
○ <b>First lifetime verified workout</b>	500
○ <b>First verified workout each new program year</b>	750
○ <b>Sports leagues</b>	350 Points per league team (up to 1,400/program year)
<b>Challenges</b>	
Sponsored Challenges are set up by employers or Go365. Member-created Challenges are set up by members.	
○ <b>Participate in a Member-created Challenge</b>	50
○ <b>Participate in a Sponsored Challenge</b>	50
<b>Athletic events</b>	
(running, walking, cross-country skiing, cycling, triathlon)	
○ <b>Level 1</b> (example: 5K)	250
○ <b>Level 2</b> (example: 10K)	350
○ <b>Level 3</b> (example: half-marathon)	500

\*Calculating daily workout Points: Each day, Go365 will look at Points earned across all workout types and award the category with the highest value for that day. Points are awarded for one workout type per day. Week is defined as Sunday–Saturday. Maximum of 50 daily workout Points can be awarded.

# Go365 Kids Activities and Points



Your dependents under 18 years old who are part of your Go365 program can earn Points that contribute to your family's Points total and Status—1,000 maximum Points per program year. Points listed are per program year unless stated otherwise.

## Education

### Activity

### Points

- Kids Health Assessment** No Points are awarded for Kids Health Assessment completion.  
The Kids Health Assessment covers a child's physical activity, nutrition, lifestyle and well-being. You get a better understanding of your child's current health and the areas that need improvement.

## Prevention Up to 500 Points per program year per child

### Activity

### Points

- Kids preventive care visits** 200
- Kids dental exam** 100 (up to 200/program year)
- Kids vision exam** 100
- Kids immunizations** 100
- Kids flu shot** 100

## Fitness

### Activity

### Points

- Kids sports leagues** 100 each (up to 200/program year)
- Kids athletic events** 50 each (up to 200/program year)

### Events

- Employer-sponsored events** 10–100 (up to 200/program year)

Go365 Kids is not available on all Go365 programs.

# IMPORTANT!

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

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. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:

Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618

If you need help filing a grievance, call **1-877-320-1235** or if you use a **TTY**, call **711**.

- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019, 800-537-7697 (TDD)**.

Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

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

**1-877-320-1235 (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.

## Language assistance services, free of charge, are available to you.

**1-877-320-1235 (TTY: 711)**

**Español (Spanish):** Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

**繁體中文 (Chinese):** 撥打上面的電話號碼即可獲得免費語言援助服務。

**Tiếng Việt (Vietnamese):** Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

**한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

**Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

**Русский (Russian):** Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

**Kreyòl Ayisyen (French Creole):** Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

**Français (French):** Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

**Polski (Polish):** Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

**Português (Portuguese):** Ligue para o número acima indicado para receber serviços linguísticos, grátis.

**Italiano (Italian):** Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

**Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

**日本語 (Japanese):** 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

**فارسی (Farsi)**

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

**Diné Bizaad (Navajo):** Wóda'hí béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowoł.

**العربية (Arabic)**

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك