



by **Humana**

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.



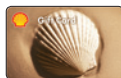
IT'S PART OF YOUR HUMANA MEDICARE PLAN **There's no extra charge and you're already enrolled.**

Just sign in at [Humana.com](https://www.humana.com) and click on Go365. From there, you'll be able to view your Go365 dashboard, track your activities and manage your connected activity trackers and apps. Or you can request paper materials by calling the number on the back of your Humana Member ID card.



EARN REWARDS YOU CAN REDEEM FOR GIFT CARDS **More healthy activities = more gift cards for you.**

Complete healthy activities like walking, getting your Annual Wellness Exam, or volunteering, and you'll earn rewards you can redeem for gift cards to popular retailers.



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

EARN HEALTHY REWARDS WITH THESE HEALTHIER 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 Exam ¹	\$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
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.		
GET INVOLVED: Social and lifestyle activities		
Attend a “Humana in your community” class	\$5	4 per year (\$20 annual maximum)
Athletic event ² (e.g. 5k walk/run, cycling)	\$5	
Volunteering ²	\$5	
Fitness or lifestyle class ² (e.g. yoga, dancing, painting)	\$5	
Go365 Community post (community.medicare.Go365.com)	\$5	
Nutritional seminar or healthy living class ²	\$5	
GET ACTIVE: Exercise and fitness		
8 workouts per month - SilverSneakers® or connected activity tracker (minimum of 500 steps/day)	\$5	Once per month (\$60 annual maximum)

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

²You will be required to fill out and submit a Go365 activity form to receive your reward for these activities. The forms can be found when you sign in at Humana.com or by requesting paper materials. **Rewards have no cash value.**



TRACK YOUR EXERCISE PROGRAM THE EASY WAY

All it takes is at least 8 workouts a month to earn \$5 in rewards for exercise. Here are three easy ways to track and earn:

- 1. Attend a participating SilverSneakers® Fitness location** to earn rewards automatically. Your reward may take up to 45 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 automatic rewards for device workouts.
- 3. Use a paper exercise tracker**, record your exercise, and return it to us each month to earn your reward.

FIND Go365 COMPATIBLE ACTIVITY TRACKERS

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

YOU'RE ALREADY ENROLLED

Now it's time to get going with Go365.

Sign in at [Humana.com](https://www.humana.com), click on Go365 from your dashboard, and you're ready to go - it's that easy. Request paper materials by calling the number on the back of your Humana Member ID card.

LET'S GET GOING TO A HEALTHIER YOU AND EARN REWARDS TOO!

Just sign in at [Humana.com](https://www.humana.com), click on Go365 from your dashboard, and you're ready to go - it's that easy.



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



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

Humana is a Medicare Advantage HMO, PPO, PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

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](https://www.go365.com) or call the number on the back of your Humana member ID card.

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 additional terms and conditions.

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: 撥打上面的電話號碼即可獲得免費語言援助服務。