

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 Advantage plan

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](https://www.MyHumana.com)
- by filling out and mailing in paper forms

Staying connected socially is important to your overall health and well-being. Social and cognitive activities can help contribute to better long-term mental health, and may help ward off dementia and depression.<sup>1</sup>



## 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.

## 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** in your Go365 account or use a paper workout tracker to record your exercise. Eligible activities include taking a fitness class or exercising on your own - it just needs to be a min. of 500 steps.
- 3. Connect a compatible activity tracker to Go365**, then log at least 500 steps a day and earn automatic rewards for device workouts.

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.

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

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



Activity	Reward	Activity limit
<b>GET HEALTHY: Preventive screenings</b>		
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

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 educational activities</b>		
Attend a class: offered by a Humana Neighborhood Center or related to an activity such as painting, dancing, or at a local university (in person or online)	\$5	
Complete an athletic event (e.g., 5k walk/run, cycling , virtual Run Club)	\$5	
Volunteer	\$5	
Attend an eligible health education seminar/class (in person or online)	\$5	12 times per year (\$60 annual maximum)
Attend a Social Club such as garden, book, religious, or sports/golf/pickleball/ walking, etc. (virtual or in person)	\$5	
Post or comment in the Go365 Member Community	\$5	
Video or phone call (3 times) with friends or family	\$5	
Discuss health, virtually exercise, or play a game with friends or family (3 times)	\$5	

<b>GET ACTIVE: Exercise and fitness</b>		
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	
Other fitness event (e.g. dance competition, bocce ball tournament)		

\*If applicable

<sup>1</sup>World Health Organization (2011). “Global Health and Aging.” Available at [http://www.who.int/ageing/publications/global\\_health.pdf](http://www.who.int/ageing/publications/global_health.pdf) <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

Rewards have no cash value and can only be redeemed in the Go365 Mall. Rewards must be earned and redeemed within the same program year. Rewards not redeemed by Dec. 31 will be forfeited.

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](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.

Receive language assistance or have materials provided in alternative formats as noted in the enclosed accessibility flyer.