

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

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

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.^{1,2}

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 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 taking a fitness class or exercise on your own—it just needs to be a minimum 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.

Stay connected with Go365. Visit Go365.com/MedicareCommunity.

Activity	Reward*	Activity limit
GET HEALTHY: Preventive screenings		
Annual Wellness Visit	\$25	1 per year
Mammogram	\$30	1 per year
Colorectal screening Ages 45+		
Colorectal kit	\$20	1 per year [†]
Colonoscopy / Sigmoidoscopy	\$50	
Bone density screening	\$20	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.		
GET INVOLVED: Social and educational activities[‡]		
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	
Complete an athletic event (e.g., 5k walk/run, cycling, tournament)	\$5	
Volunteer	\$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, or play a game with friends or family (3 times)	\$5	
Other fitness event (e.g. dance competition, bocce ball tournament)	\$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	

*Amounts shown represent the value of the reward, not actual dollars.

[†]If applicable.

[‡]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](https://www.go365.com/member/forms) or by requesting printed materials.

¹“Global Health and Aging.” World Health Organization, 2011. https://www.who.int/ageing/publications/global_health.pdf.

²“Loneliness and Social Isolation Linked to Serious Health Conditions.” Centers for Disease Control and Prevention. <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 before Dec. 31 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)**. In accordance with the federal requirement of the Centers for Medicare & Medicaid Services, no amounts on the gift cards shall be used to purchase prescription drugs or medical services that are covered by Medicare, Medicaid or other federal healthcare programs; nor shall they be used to purchase alcohol, tobacco, e-cigarettes or firearms. Gift cards cannot be converted to cash.