

Ready. Set.



# CAPTURE LIFE REWARDS

Earn plenty of Points.



**GET  
ACTIVE**



**LIVE  
HEALTHY**



**ENJOY  
REWARDS**

# Say hello to Go365.

It's your personalized wellness and rewards program.

Getting healthier is easier – and lots more fun – with Go365™. When it comes to health and wellness, you have your own approach. One that works for you. Go365 makes it easier to get moving along your path with more ways to start, more Activities to unlock, and more ways to rack up rewards.



## Unlock Activities.

Go365 is all about you. You'll receive Activities personalized to help you reach your health goals, no matter where you are on your journey to better health. Just unlock your Activities and earn Points for higher Status.



## Stay inspired.

Getting healthier can be hard. Go365 makes it easier by connecting you to all the tools and resources you need to get there. Tracking your activity is a breeze – just connect your compatible apps or fitness devices and earn Points for all your healthy activities.



## Earn rewards.

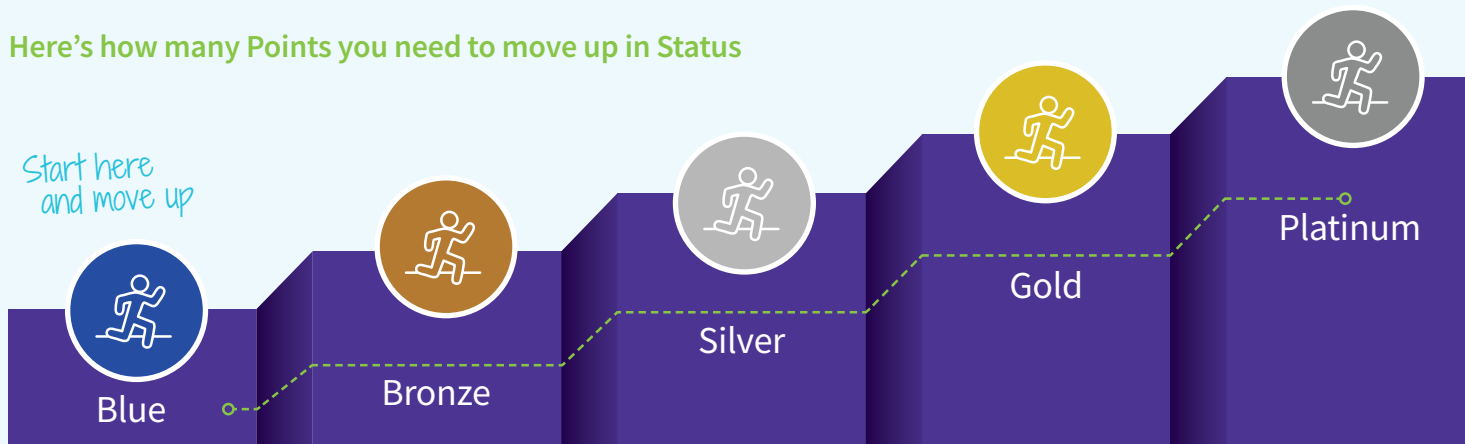
Making healthier choices is a lot more fun with Go365. The more you move up in Status, the more Bucks you can earn and spend on great items in the Go365 Mall. Plus, Bonus Bucks, surprise rewards, and monthly Jackpot drawings make getting healthy more fun!



## More Points. Higher Status.

Earning Points pays off big with higher Status levels. Get your spouse and kids involved too and see how fast you can move up in Status.

## Here's how many Points you need to move up in Status



### 3 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

**5,000**  
One adult per policy

**8,000**  
One adult per policy

**10,000**  
One adult per policy

**8,000**  
**combined** two adults per policy

**12,000**  
**combined** two adults per policy

**15,000**  
**combined** two adults per policy

**+3,000**  
for each member 18 years and older per policy

**+4,000**  
for each member 18 years and older per policy

**+5,000**  
for each member 18 years and older per policy

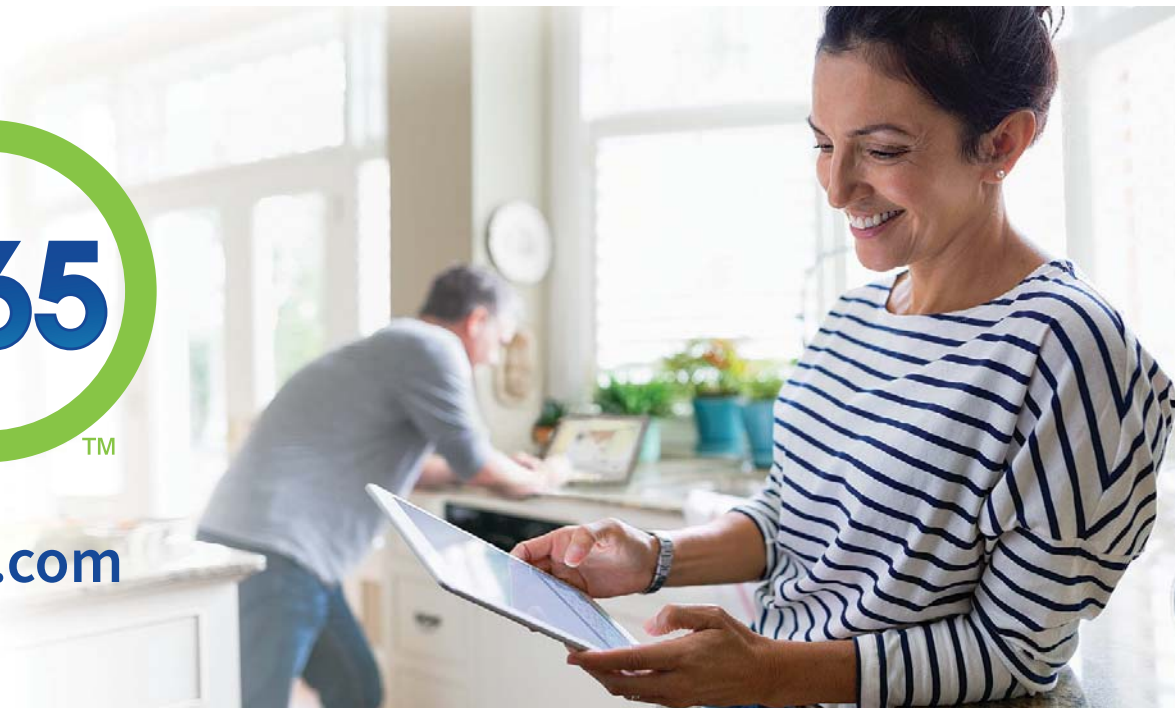


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Adult children can only move a family out of Blue Status by completing a verified workout.



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## Stay connected with Go365. Participate when, where, and how you want.

Whether you go online or are on the go, Go365 goes right along with you. Engage and track your wellness journey through a best-in-class digital experience that was designed just for you.

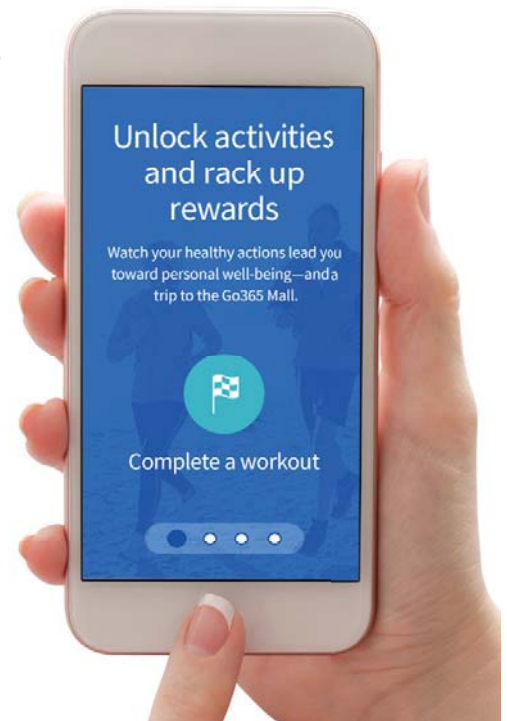
Go365 puts you in the driver's seat. There are lots of ways to get started and start earning Points. Sign-in online or with the App to unlock Recommended Activities that are personalized just for you.

Then track your Points and watch your Bucks build up. Go365 connects to dozens of the most popular activity tracking apps, more than 75 fitness devices and over 40,000 participating fitness facilities, so you can earn rewards for healthy Activities you're already doing. Plus, the App makes it even easier to track your Activities – just snap and send a picture.

### Get it done. Online or on the go.

- View personalized dashboard
- Take your Health Assessment
- Connect your compatible fitness devices or tracking apps
- Unlock Activities
- Track Points
- Submit a picture
- Contact a Health Coach
- Reach out to the Go365 Community
- Join a Challenge

*Make the connection  
so you don't miss out  
on rewards!*



# Unlock Activities.

Watch your success lead to your wellbeing.

Go365 is for anyone, at any stage... no matter what shape you're in or how hard you work out. Go365 knows what it takes to motivate and reward you to make healthier choices for life.

## Activities

These are simple things you can do every day to get healthier. Tracking your steps, getting a flu shot, going for a bike ride – these are easy ways to keep moving forward with Go365.

## Recommended Activities

Once you complete your Health Assessment, you'll get personalized Activities based on your responses. Because Recommended Activities are created just for you, they can have a big impact on your overall health. Plus, you earn more Points for each one you complete.

## Go365 Kids\*

Kids can earn Points when they do "kid" things, like playing on a soccer or baseball team. When you do things that are good for their health, like keeping up with their immunizations and getting a dental check-up, your kids earn more Points.

## Challenges

Earn Points by going head-to-head against your friends and co-workers and compete for the most steps taken or pounds lost.

## Have some healthy fun.

Getting healthier is a lot more fun with Go365. Earn Bucks you can use in the Go365 Mall for e-giftcards from Amazon.com, Target, Lowes and Spafinder, the latest activity trackers from Fitbit and Garmin, and more. Plus, you could win a prize in our monthly Jackpot drawings or get a surprise reward.

The graphic features a large green circular border. Inside the circle, at the top, is the 'go365 Mall' logo. Below it, arranged in a circular pattern, are logos for 'LOWE'S GIFT CARD', 'iTunes', 'Wellness365 by Spafinder', 'macy's', 'fitbit', and 'amazon.com gift card'.

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. \*Go365 Kids is not available to all Go365 programs. Check with your Employer or Benefits Administrator to check your eligibility.



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# Make it count with Go365.

Earn Points for your everyday activities – everyday!



## EDUCATION

Activity	Points	
<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.</p>	500	
<b>Health Assessment sections</b> <p>Earn 50 Points for each section you complete online or on the App:</p> <p><u>OR</u> &gt;&gt; Get Active &gt;&gt; Eat Better &gt;&gt; Reduce Stress &gt;&gt; Be Well &gt;&gt; Stay Healthy &gt;&gt; Know Me</p> <p><i>Bonus Points when you complete all six sections</i></p>	50	once/program year
<small>Adult children are not eligible to earn Points or Bonus Points for Health Assessment completion.</small>		
<b>First Step Health Assessment Bonus</b> <p>Once-in-a-lifetime reward for your first-time Health Assessment completion.</p>	500	once/lifetime
<b>90 Day Health Assessment Bonus</b> <p>Earn Bonus Points when you complete your Health Assessment within 90 days of your Go365 program effective date or program renewal date.</p>	250	once/program year
<b>Weekly log*</b> <p>Log your activity in any of these areas: food, weight, Blood Pressure and Blood Glucose.</p>	10	weekly
<b>Sleep Diary*</b> <p>Sleep 7+ hours 5+ days per week (Sun-Sat) and log your progress.</p>	25	weekly up to 150/program year
<b>Daily Health Quiz*</b> <p>Log in to the Health IQ app or website and complete a quiz on a variety of health topics. Connect your Go365 App to Health IQ to automatically earn your Points.</p>	2	daily
<b>Health Coaching*</b> <p>Get matched with a certified well-being coach who can give you expert guidance, support and attention in these areas: weight management, quitting tobacco, managing stress, healthy eating and more.</p>		
Enrolling (first time enrollees only)	200	once/lifetime
Three phone interactions or three online chats (individually or combined)	50	up to 600/program year
Six email interactions or six progress note entries (individually or combined)	50	
<b>Calculators</b> <p>These online tools measure aspects of your health, like “Are you at risk for a heart attack?” They can help you take steps to lead a healthier life. There are many different Calculators, and adult members can earn Points for each Calculator you use.</p>	75	up to 300/program year
<b>CPR certification</b> <p>See Point earning instructions under First Aid certification.</p>	125	once/program year

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EDUCATION

Activity	Points	
<b>First Aid certification</b> <p>An adult member must send the completed CPR Form or First Aid Form, available online, to Go365 with the copy of certification within 90 days of completing the event. The form can be submitted while your certification is still valid, if you completed your certification before your Go365 effective date. Proof of CPR and First Aid certification may also be submitted on the App.</p>	125	once/program year
<b>Update/confirm your contact information</b> <p>Verify your information and earn Points.</p>	50	once/program year
<b>Monthly Go365.com visit or Go365 App sign in</b>	10	up to 120/program year
<b>First time Go365 App sign in</b>	50	once/lifetime
<b>Accept online statements</b> <p>Not available for all Go365 members.</p>	50	once/lifetime

Maximum of 500 Points for Health Assessment completion per program year. Health Assessment Points are awarded the same online and on the App.  
 \*Activities will award Points under Personalized Activities on your Go365 Statement.



**Reach Silver Status** Completing your Health Assessment and getting your Biometric Screening gives you a great start toward earning 5,000 Points toward Silver Status. Here's an example of how you can earn 5,000 Points:

Health Assessment	500
First Step Health Assessment	500
Biometric Screening	2,000
Basketball league	350
Blood donation (x3)	150
Flu shot	200
Daily step (10,000 per day for 30 days)	300
First verified workout of program year	750
Calculator (x4)	300
CPR certification	125

**5,000**  
 Points total  
 (individual plan)



WEB & APP



WEB ONLY



APP ONLY



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# Make it count with Go365.

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FITNESS

Activity	Points
<b>Daily Points</b>	up to 50/day
<b>Earn Points for activities you do every day.</b>	
<b>Steps</b>	1 per 1,000 steps
<b>Heart Rate</b>	5 for every 15 minutes above 60% of maximum heart rate
<b>Calories</b>	5 per 100 calories if burn rate exceeds 200 calories/hr.
<b>Participating Fitness Facility</b>	10 once/day
<b>Earn Bonus Points:</b>	
<b>Exceed 50 weekly workout Points</b>	50 only one bonus awarded per week
<b>Exceed 100 weekly workout Points</b>	100
<b>Fitness Habit*</b>	25 once/month
Start a new fitness habit and submit photo proof to earn your Points. Fitness habits include: walking breaks, take the stairs, park further away, stretching, visit a park, walk your dog.	
<b>First verified lifetime workout</b>	500 once/lifetime
<b>First verified workout each new program year</b>	750 once/program year
<b>Sports league</b>	350 up to 1,400/program year
You must be an active team member in a qualified, organized sports league, such as baseball or basketball. The minimum number of games or matches that must be played is eight. Members must complete a League Participation Form, available online and submit within 90 days of league completion to Go365 or claim Points on the App by sending a photo of the official schedule, award or certificate from your phone.	
<b>Challenges*</b>	up to 100/month
<b>Create a Challenge – community</b>	50
<b>Join a Challenge – community</b>	50
<b>Create a team – sponsored</b>	50
<b>Join a team – sponsored</b>	50
Sponsored Challenges are set up by employers. Community Challenges are set up by members.	
<b>Athletic events</b>	up to 3,000/program year
You must register for and complete a fitness event or race approved by a fitness, athletic, or sporting organization recognized by Go365. Members must complete the Athletic Event Form, available online, and submit it within 90 days of the event completion to Go365 or claim Points on the App by sending a picture of your race bib or results from your phone.	
<b>Level 1</b> e.g.: 1.9 mi/3K – 5.1 mi/9K running, walking or cross-country skiing, Super sprint triathlon	250
<b>Level 2</b> e.g.: >5.6 mi/9K - 12.4 mi/20K running, walking or cross-country skiing, Sprint triathlon	350
<b>Level 3</b> e.g.: >12.4 mi/20K running, walking or cross-country skiing, Olympic, ITU, half or full triathlon	500

How Go365 Points are calculated: Each day, Go365 will look at Points earned across all workout types and award the highest value for that day. Points are awarded for one workout type per day. A week is defined as Sunday – Saturday. 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. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

\*Activities will award Points under Personalized Activities on your Go365 Statement.



WEB & APP



WEB ONLY



APP ONLY

# Make it count with Go365.

Earn Points for your everyday activities – everyday!



PREVENTION

Activity	Points	
<b>Health screenings</b> <p>Earn Points by getting screenings such as a Pap smear, mammogram, prostate exam or colorectal screening. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.</p> <p>Age restrictions apply. See Go365.com for details.</p>	400	up to 400/program year per screening
<b>Dental exam</b> <p>Visit your dentist and earn Points for preventive dental exams. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your dental exam. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.</p>	200	up to 400/program year
<b>Vision exam</b> <p>Earn Points for a preventive vision exam. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your vision exam. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.</p>	200	once/program year
<b>Flu shot</b> <p>Get your annual flu shot and submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your flu shot. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed</p>	200	once/program year
<b>Nicotine test</b> <p>After receiving a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare provider.</p>	400	once/program year
<b>Biometric Screening</b> <p>Earn Points by getting your Biometric Screening at an approved healthcare provider or from your physician. Submit the Biometric Screening Form, available online, within 90 days of completing your Screening to earn Points. Biometric Screenings completed at a national vendor will submit the results automatically up to 45 days from date of service.</p> <p>The Biometric Screening measures your:</p> <ul style="list-style-type: none"> <li><b>Body mass index (BMI)</b> 800</li> <li><b>Blood pressure</b> 400</li> <li><b>Blood glucose</b> 400</li> <li><b>Total cholesterol</b> 400</li> </ul> <p>Adult children are not eligible to earn Points for Biometric Screening Completion.</p>		once/program year

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. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.



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HEALTHY LIVING

Activity	Points
<b>Blood donation</b>	50 up to 300/program year
Donate blood up to six times a year. Earn Points when you submit a Blood Donation Form, available online, within 90 days of the donation date or use the App to send a photo of your donation card, signed document from agency or signed work release by phone.	
<b>Nicotine test in-range results</b>	400 once/program year
After you receive a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare practitioner. You can earn Points if the results fall within a healthy range. Go365 automatically awards in-range nicotine results for two years (current and your next program year).	
<b>Biometric Screenings in-range results</b>	
Double your Points if these results are within a healthy range.	
<b>Body mass index (BMI)</b> $\geq 18.5$ and $< 25$ , or $\text{BMI} \geq 25$ and $< 30$ , with a waist circumference $< 40$ " for males and $< 35$ " for females	800
<b>Blood pressure</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
Adult children are not eligible to earn Points for Biometric Screening Completion or healthy range values.	

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. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

## About Biometric Screening results

Go365 automatically awards in-range biometric screening results for two years (current and your next program year in the prevention and healthy living categories) for Blood Pressure, Blood Glucose and Total Cholesterol. Only your BMI needs to be rechecked every program year. Some employers may require a full biometric screening completed each year. Check with your employer or Benefits Administrator.



WEB & APP



WEB ONLY



APP ONLY



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# Make it count with Go365.

Earn Points for your everyday activities –everyday!



GO365 KIDS™

## Activity

## Points

### Health Assessment

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

### Dental exam

Take your kids to the dentist and earn Points for preventive dental exams.

100 up to 200/program year

### Vision exam

Earn Points for a preventive vision exam.

100 once/program year

### Flu shot

Help your children avoid getting the flu by making sure they get an annual flu shot.

100 once/program year

### Preventive care visit

A pediatrician can check on the health of your children and you can ask any questions you may have about their health.

200 once/program year

### Immunizations

At designated ages, your children will receive immunization shots to help protect them from various illnesses.

100 once/program year

### Fitness

Children (up to 18 years old) in a Go365 program can earn Points for two qualifying sports league activities and four athletic events, like baseball or swimming, per program year. Each sport season qualifies as a single sports league. Minimum number of games or matches is eight.

#### Sports league

100 up to 200/program year

#### Athletic events

50 up to 200/program year per child

1,000 maximum total Points may be earned per program year per child. Up to 500 maximum preventive Activity Points may be earned per program year per child. Preventive Activities include: dental exam, vision exam, flu shot, preventive care visit and immunizations. Children may earn up to 200 Points per program year for participating in an employer-sponsored event.

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. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward. Go365 Kids is not available to all Go365 programs. Check with your Employer or Benefits Administrator to check your eligibility.



## Athletic Events

If your children participate in events like running, walking, cycling or swimming, they can earn Points that contribute to your family’s overall Point total and Status.



[Go365.com](http://Go365.com)

# Go365 Activities Summary.

Complete Point detail for each Activity including annual maximums and limits on pages 5-10.



## Education

Activity	Points	
Health Assessment full completion	500	once/program year
<b>OR Earn 50 Points for each section you complete. Bonus Points when you complete all six sections.</b>		
First Step Health Assessment Bonus	500	once/lifetime
90 Day Health Assessment Bonus	250	for completion within the first 90 days of program year
Weekly Log	10	weekly
Sleep Diary	25	weekly up to 150/program year
Daily Health Quiz	2	daily
Health Coaching		
Enrolling	200	once/lifetime
Three phone interactions or three online chats	50	up to 600/program year
Six email interactions or six progress note entries	50	
Calculator(s)	75	up to 300/program year
CPR certification	125	once/program year
First Aid certification	125	once/program year
Update/confirm your contact information	50	once/program year
Monthly Go365.com visit or Go365 App sign in	10	up to 120/program year
First time Go365 App sign in	50	once/lifetime
Accept online statements	50	once/lifetime

## Fitness

Activity	Points	
Daily Points		up to 50/day maximum
Steps	1	per 1,000 steps
Heart Rate	5	for every 15 minutes above 60% of maximum heart rate
Calories	5	per 100 calories if burn rate exceeds 200 calories/hr.
Participating Fitness Facility	10	once/day
Fitness Habit	25	once/month
First verified lifetime workout	500	once/lifetime
First verified workout each new program year	750	once/program year
Sports league	350	up to 1,400/program year
Challenges		up to 100/month
Create a Challenge	50	
Join a Challenge	50	
Create a team	50	
Join a team	50	
Athletic events		up to 3,00/program year
Level 1	250	
Level 2	350	
Level 3	500	
Kids sports league	100	up to 200/program year
Kids athletic events	50	up to 200/program year

## Prevention

Activity	Points	
Health screening*	400	per eligible screening
Dental exam	200	up to 400/program year
Vision exam	200	once/program year
Flu shot	200	once/program year
Nicotine test	400	once/program year
Kids preventive care visit	200	once/program year
Kids dental exam	100	up to 200/program year
Kids vision exam	100	once/program year
Kids immunizations	100	once/program year
Kids flu shot	100	once/program year
<b>Biometric Screening completion:</b>		
Body mass index (BMI)	800	once/program year
Blood pressure	400	
Blood glucose	400	
Total cholesterol	400	
* Subject to certain requirements and will appear on your Points statement if they are applicable to you. Kids Preventive Activities have a 500/program year maximum.		

## Healthy Living

Activity	Points	
Blood donation	50	up to 300/program year
Nicotine test in-range results	400	once/program year
<p><b>If your Biometric Screening is in healthy range, you double your Points.</b></p>		
<b>Biometric Screening in-range Points:</b>		
Body mass index (BMI)	800	once/program year
Blood pressure	400	
Blood glucose	400	
Total cholesterol	400	
See page 9 for Biometric Screening healthy ranges.		

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# Plan your next Status move.

Sign in to [Go365.com](http://Go365.com) or download the Go365 App.



Then use this worksheet to map out the number of Points you need to move up to the next Go365 Status level. Include standard Activities, as well as Recommended Activities based on your Health Assessment responses.

(Check the next Status level based on your current Status)

Status goal:  Bronze  Silver  Gold  Platinum

Points required:

Sign in to [Go365.com](http://Go365.com) to verify your actual Points required or reference page 2 of this document for required Points for each Status level.

EXAMPLE:

Get a flu shot 200 PTS

## Recommended Activities:

Once you complete your Health Assessment, you'll get personalized Activities based on your responses. Because Recommended Activities are created just for you, they can have a big impact on your overall health. Plus, you earn more Points for each one you complete.

- \_\_\_\_\_ PTS
- \_\_\_\_\_ PTS
- \_\_\_\_\_ PTS
- \_\_\_\_\_ PTS

## Activities:

These simple things you can do every day to get healthier. Tracking your steps, getting a flu shot, going for a bike ride – these are easy ways to keep moving forward with Go365.

- \_\_\_\_\_ PTS
- \_\_\_\_\_ PTS
- \_\_\_\_\_ PTS
- \_\_\_\_\_ PTS

Go shopping: the Go365 Mall has a wide selection of rewards to choose from:



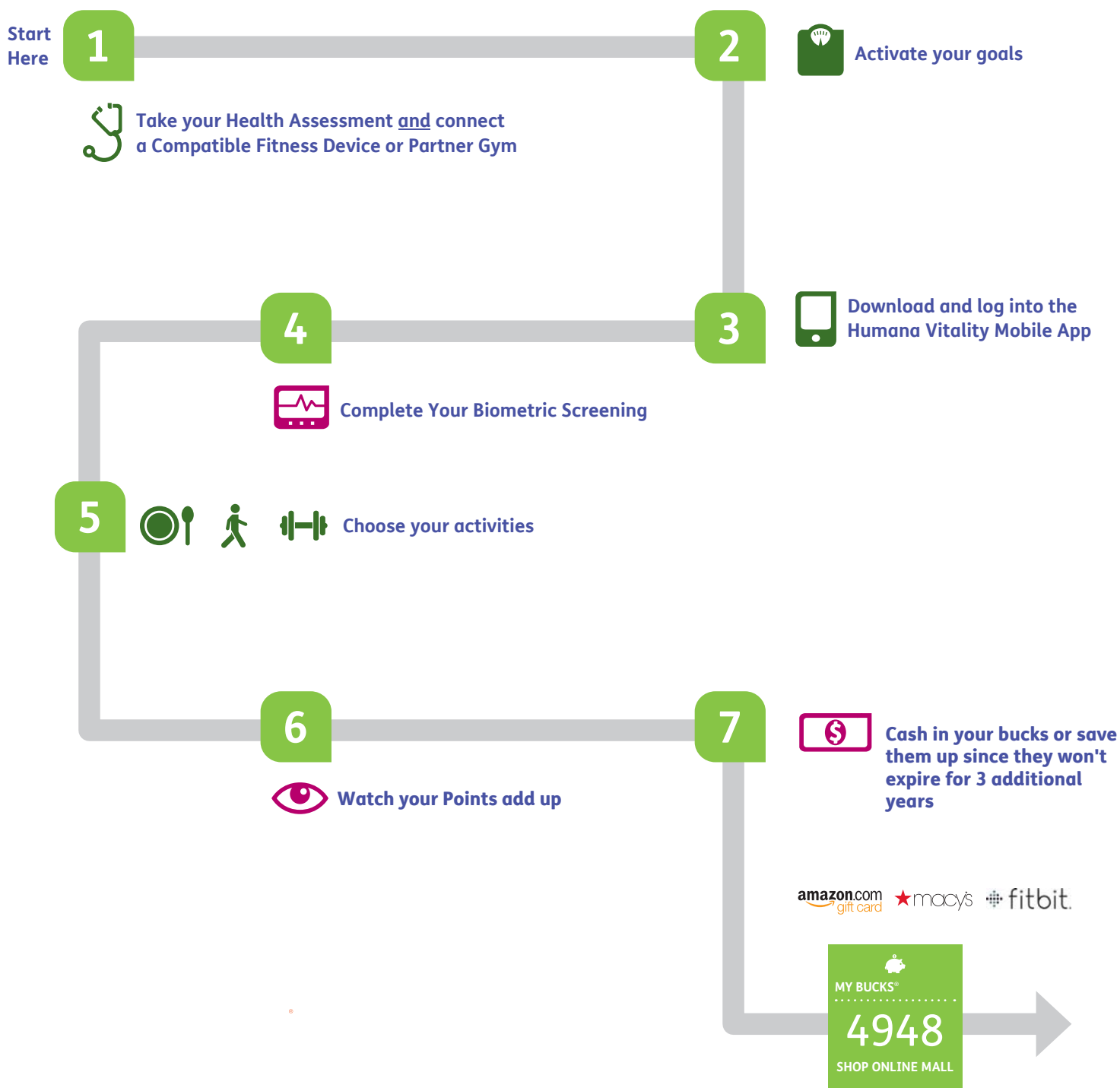
Go365 is not an insurance product. Not available with all Humana health plans. The merchants represented are not sponsors of Go365 or otherwise affiliated with Go365. The logos and other identifying marks attached are trademarks of and owned by each represented company and/or its affiliates. Please visit each company's website for additional terms and conditions.



[Go365.com](http://Go365.com)

# Getting Ready For Go365!

HumanaVitality® is changing its name to Go365 on January 1, 2017 and with the new name also comes some exciting changes to the program. Here's what you can do today to be ready.



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