

# Go365 by Humana makes wellness fun and rewarding

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

### Good health is rewarding

Protecting and improving your health and well-being is important to us. That's why we're pleased to offer you Go365® - a wellness program designed to help you reach your health goals, while rewarding your efforts along the way.

## Earn rewards you can redeem for gift cards

### Focus on prevention, fitness and social well-being

You'll find all the eligible activities to earn Go365 rewards on the back of this flyer. They fall into three categories - prevention, fitness and social/health education activities.

All are important to good health. For example, staying connected to others with social activities and learning new things can contribute to better long-term mental health and may ward off dementia and depression.<sup>1</sup>

Once you've earned at least \$10 in rewards, you can redeem them for gift cards in the Go365® Mall.

## Activate your Go365 Profile

### Now it's time to get going with Go365

Log in to Go365.com with your MyHumana account. Don't have one? Activate your profile at MyHumana.com. You'll need your Humana ID from your member card.

## Stay connected with Go365

Sign into our online community to find resources, ask questions and connect with other members. Visit [Go365.com/MedicareCommunity](http://Go365.com/MedicareCommunity).

### Track your activities

#### Preventive screenings

Your rewards will show up automatically in your Go365 account if the screening is billed through your Humana medical or pharmacy plan. You also can submit proof of your completed activity in your Go365 account.

#### Exercise and fitness

You have several ways to track your completed activities:

- If your plan includes SilverSneakers®, rewards will automatically be applied to your Go365 account.
- Connect a fitness device or app to your account; then whenever you take 500 steps or more, it will automatically upload to your account.
- Track your fitness activity on the calendar in your online Go365 account.

#### Social and health education

Log your activities and completion dates in your online Go365 account.

#### Prefer to track on paper?

If you want paper materials to track your Go365 activities, call the number on the back of your Humana Member ID card.

**Activity****Reward****Activity limit****GET HEALTHY: Preventive screenings**

Annual Wellness Visit	\$25	1 per year
Mammogram (Women, ages 40+)	\$30	1 per year
Colorectal screening (Ages 50+)	\$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
Diabetic eye exam (for those with diabetes)	\$10	1 per year
Diabetic kidney function test (for those with diabetes)	\$10	1 per year
HbA1c (for those with diabetes)	\$10	1 per year
Diabetic foot exam (for those with diabetes)	\$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 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
Attend a social club such as garden, book, religious, or sports league, etc. in person or online	\$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

**GET ACTIVE: Exercise and fitness**

8 workouts per month. May include attending SilverSneakers®, tracking at least 500 steps, or completing other physical activities including golfing, cycling, swimming, Zumba, yoga, etc.	\$5	Once per month (\$120 annual maximum)
16 or more workouts per month	\$10	

\*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.

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.