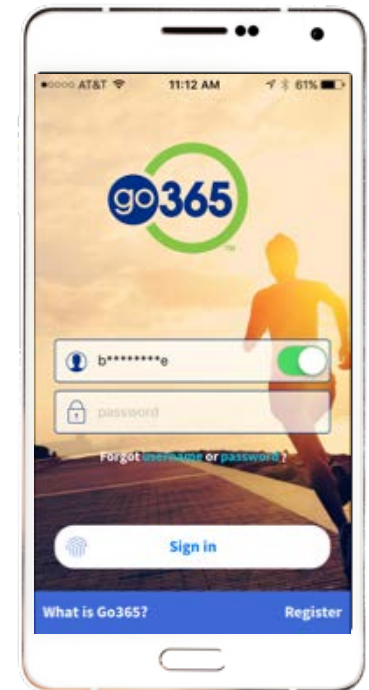
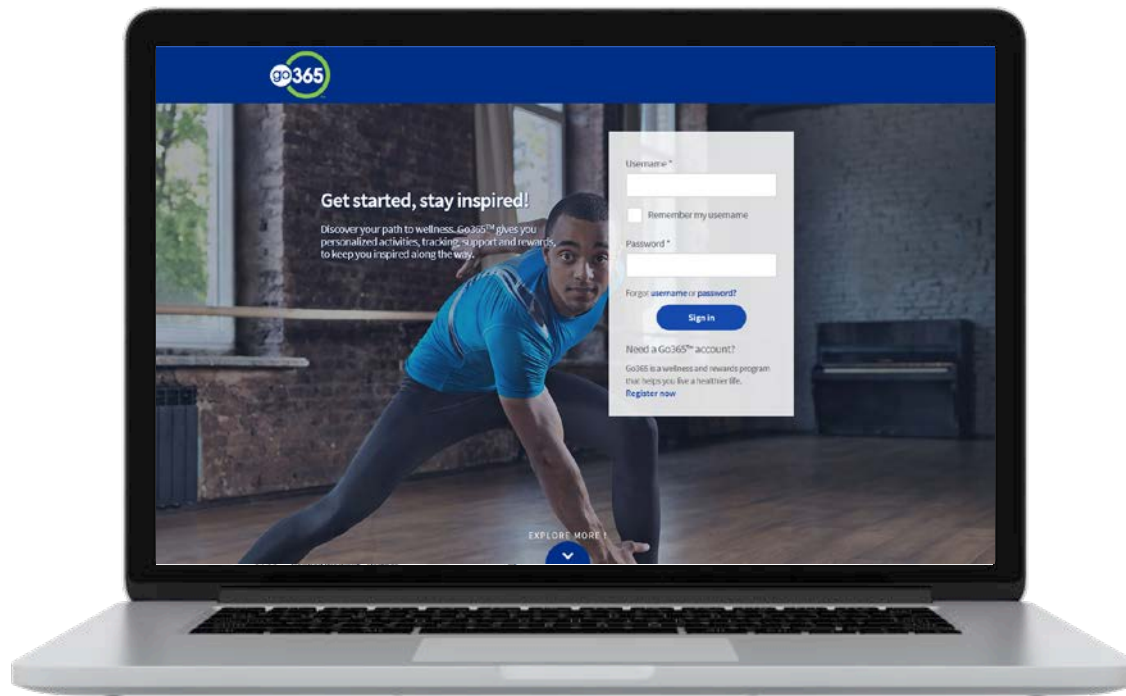




Get Started with Go365

Two Ways to Register for Go365™

1. [Go365.com](https://www.go365.com)
2. Go365 App (available in the Apple and Google Play Stores)



Select the Register button on Go365.com or in the App

Go365.com

Get started, stay inspired!

Discover your personal rewards, to keep you...

Username*

Remember my username

Password*

Forgot username or password?

Sign in

Need a Go365™ account?

Go365 is a wellness and rewards program that helps you live a healthier life.

[Register now](#)

go365™

username

password

Forgot username or password?

Sign in

Register

Go365 App

Complete your member identifying information then select the “Continue” button

Registration

Member information

Enter your identifying information to access Go365™, where you can find the tools and support to help you live a healthier life.

If you are a Humana Medicare member, please access Go365 through MyHumana by registering at [Humana.com](https://www.humana.com).

*Required

Member ID number * ?

or

Social Security number (Optional) ?

Date of birth *

ZIP code *

By continuing, I agree to the [Go365 Online Services and Go365 Web Confidentiality Agreement](#)

Continue

Your member ID number is a 9-digit number or enter your SSN

Enter your date of birth with all eight digits (i.e. 10/1/1985)

Zip code must match the zip code currently on file with Go365. If you recently moved and your zip code isn't being accepted, try using your old one.

Looking for next steps? Get out of Blue Status by doing one of the following:

1. Complete any section of the Health Assessment

- Select “Go365 Health Assessment” from the online or App dashboard to complete.

2. Get a biometric screening

- Select “Activities” after signing into Go365.com > find “Biometric Screening” under the “All” category > click “View details” for more information to complete.

3. Log a verified workout

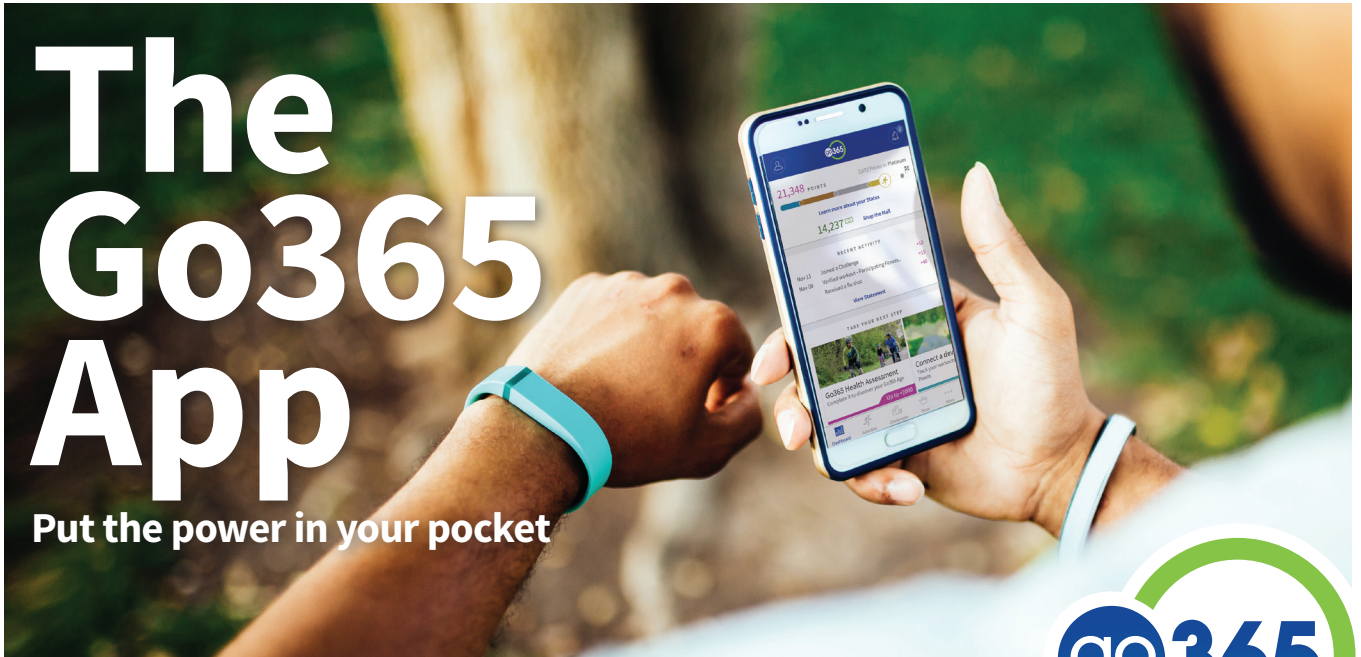
- Select “Quick Links” after signing into Go365.com or access settings in the Go365 App to review device connections or search participating fitness facilities online under “Quick Links.” Review [this compatibility grid](#) and [video](#) for more information to complete.

PERSONAL, VERSATILE, SIMPLE



The Go365 App

Put the power in your pocket



Download the Go365 App today to your smartphone. Use it to help you stay on track in reaching your health and well-being goals.

The App has it all

Look what you can do:



Challenge yourself and other Go365 members to private or community Challenges*



Submit proof of eligible Activities for Points



Connect compatible devices



Personalize experiences with photos



Complete or update your Health Assessment in quick, two-minute sections



Explore ways to increase your Points total



Complete Activities that focus on areas such as weight, food and sleep tracking for Points**



Check on your Go365 Age and Status



Enroll and interact with a health coach²



See your Points history



Spend your Bucks in the Go365 Mall

Look how the Go365 App can make your life easier. Sign in today.



Download the Go365 App

*Members earn 50 Points for joining a Challenge and 50 more for joining a Challenge team, up to a maximum of 100 combined Points per month no matter how many Challenges and Challenge teams a member may join.

**Depending on the activity, Activities can be worth two Points a day or may have a weekly or monthly cap. Refer to the App for Points limits.

²Not all Go365 programs include working with a personal health coach.

Activities and Points - Adults 18+

Points listed are per program year unless stated otherwise.



Education

Activity	Points
Health Assessment	
Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year. Adult children are not eligible to earn Points or Bonus Points for Health Assessment completion.	500
Health Assessment sections	
OR >> Get Active >> Eat Better >> Reduce Stress >> Be Well >> Stay Healthy >> Know Me	50
<i>200 Bonus Points when you complete all six sections</i>	
Bonus Points	
First Step Health Assessment	500 once/lifetime
90-Day Health Assessment	250
Weekly log*	10 weekly
Sleep diary*	25 weekly
Daily health quiz*	2 daily
Health Coaching*	
Enrolling (first time enrollees only)	200 once/lifetime
Three phone interactions or three online chats (individually or combined)	50 up to 600/per program year
Six email interactions or six progress note entries (individually or combined)	
Calculators	75 each (up to 300/program year)
CPR certification	125
First-aid certification	125
Update/confirm contact Information	50
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
Not available to all Go365 members	

WEB AND APP | APP ONLY | WEB ONLY

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

Maximum Points for Health Assessment completion per program year is 500. 90-day bonus awarded for full Health Assessment completion within the first 90 days of your program year.

Prevention

Activity	Points
Health screening*	400 per screening (up to 400/program year)
Dental exam	200 per exam (up to 400/program year)
Vision exam	200
Flu shot	200
Nicotine test	400
Biometric screening completion	
Body mass index (BMI)	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400
Adult children are not eligible to earn Points for biometric screening completion.	
*Subject to certain requirements and will appear on your Go365 Statement if they are applicable to you.	

Healthy living

Activity	Points
Blood donation	50 each (up to 300/program year)
Nicotine test (in-range results)	400
Biometric screening (in-range results)	
Body mass index ≥ 18.5 and < 25 , or BMI ≥ 25 and < 30 , with a waist circumference $< 40"$ for males and $< 35"$ for females	800
Blood pressure (systolic and diastolic) $< 130/85$ mm Hg	400
Blood glucose < 100 mg/dL or A1c $< 6.5\%$	400
Total cholesterol < 200 mg/dL or an HDL ≥ 40 mg/dL for males and ≥ 50 mg/dL for females	400
Adult children are not eligible to earn Points for biometric screening in-range results	

Humana, Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235 (TTY: 711)**.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235 (TTY: 711)**.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-877-320-1235 (TTY: 711)**。

Fitness

Activity	Points
Verified workout types:	
participating fitness facility, steps, calories, heart rate (HR)	
Steps*	1 Point per 1,000 steps
Heart Rate (HR)*	5 Points for every 15 minutes above 60% of maximum HR
Calories*	5 Points per 100 calories if burn rate exceeds 200 calories/hour
Participating fitness facility*	10 per daily visit
Bonus Points	
Exceeded 50 weekly workout Points	50/week Only one bonus awarded per week
Exceeded 100 weekly workout Points	100/week
First lifetime verified workout	500
First verified workout each new program year	750
Fitness Habit**	up to 25/month
Sports leagues	350 Points per league team (Up to 1,400/program year)
Challenges**	
Sponsored Challenges are set up by employers. Community Challenges are set up by members.	up to 100/month
Create a Challenge – community	50
Join a Challenge – community	50
Create a team – sponsored	50
Join a team – sponsored	50
Athletic events	
(running, walking, cross-country skiing, cycling, triathlon)	(Up to 3,000/program year)
Level 1 (example: 5K)	250
Level 2 (example: 10K)	350
Level 3 (example: half-marathon)	500

*Calculating daily fitness Points: Each day, Go365 will look at Points earned across all workout types and award the category with the highest value for that day. Points are awarded for one workout type per day. Week is defined as Sunday — Saturday. Maximum of 50 daily fitness Points can be awarded. Points for device workouts are awarded in Eastern Standard Time (EST).

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



Spend your Bucks IN THE Go365 MALL



As a Go365™ member, you earn Points for completing healthy activities. You get one Buck for each Point you earn, plus Bonus Bucks when you reach a higher Status. These Bucks add up for you to spend in the Go365 Mall on products from popular brands and retailers. Visit the Go365 Mall online or on the App to see all the great products, deals and offers Go365 has to offer.

Popular brands

E-gift cards



Fitness and exercise equipment



Electronics



Deals and offers



Bucks cannot be used on discounts. Discounts must be purchased with a credit or debit card. Merchandise subject to availability and may change without notice.

Charities



Members must have at least Bronze Status to spend Bucks in the Go365 Mall. Only the primary Go365 member can spend Bucks in the Mall.



Visit the Mall online or on the Go365 App to find all the rewards you can earn for living healthier



Join the Go365 support community community.Go365.com

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™ Biometric Screening



To receive your Points, you must send this completed form within 90 days of completing the activity. Please keep a copy of the form for your records.

Member Instructions:

1. Set up your appointment with the provider of your choice*. When you make your appointment tell the provider what measurements you need. Those measurements could include height, weight, blood pressure, complete cholesterol or fasting blood glucose tests. The HbA1c test is needed if it is part of your active goal to get your blood glucose in healthy range.
** Use this form at the doctor's office, clinic, or health facility of your choice. You can get a Biometric Screening when you visit your doctor as part of your annual wellness visit check-up. You can also obtain your Biometric Screening from a Go365 participating provider near you. NOTE: You may incur out of pocket costs depending on your plan benefits.*
2. Fill out **Section A: Member information/Attestation**
3. Take this form with you and give it to your provider
4. Send the completed form to Go365. You can ask your provider to send it for you, but you are responsible for making sure Go365 receives the form.

Provider Instructions:

1. Fill out **Sections B, C and/or D and E**. Fill out **Section C** or **D** depending on the measurements or tests the patient needs. Hand-write the measurements or test results on the form. Proof of the patient's measurements or test results does not need to be submitted.

Section A: Member information – please print

First name:	Last name:
Member / Subscriber (Sub) ID#:	Date of birth (MM/DD/YYYY):
Phone number:	

Attestation / Consent to release and use of information

I consent to the release of my fitness / medical information and test results (if applicable) to Go365 and its representatives. A photocopy of this consent shall be as effective and valid as the original. This consent shall be considered valid for one year from the date signed.

Included with this form is a Notice provided to me by Go365 that explains completion of my biometric screening is voluntary. I have read and accept this Notice.

I understand and agree that Go365 and its representatives have the right to request and review, at any time, applicable screening test(s) to confirm the accuracy of the information and results provided to Go365.

Member signature	Date (MM/DD/YYYY):
------------------	--------------------

Go365™ Biometric Screening

Section B: Provider information – please print

Doctor/practice/facility name:

Address:

National provider ID# or CLIA#:

Phone number:

Section C: Body and Blood Pressure Measurements

Date of measure (MM/DD/YYYY):

Height (Inches):

Systolic blood pressure (mmHg):

Weight (lbs):

Diastolic blood pressure (mmHg):

Body mass index (BMI):

Waist circumference (inches):

Section D: Clinical laboratory test results

Fasting blood glucose (mg/dL):

HDL cholesterol (mg/dL):

Total cholesterol (mg/dL):

Triglycerides (mg/dL):

LDL cholesterol (mg/dL):

Optional* HbA1c (%):

* The HbA1c test is needed only if it is part of your active goal to get your blood glucose in healthy range. There may be a cost associated with this test. Ask your provider for more information.

Section E: Certification of results – please print

I certify I personally tested this individual and attest to the accuracy of results reported herein.

First / last name of person conducting measure / test:

Title:

Provider signature:

Date (MM/DD/YYYY):

Go365™ Biometric Screening

Send the completed form any of these ways:

Fax: 1-877-250-7814
Mail: Go365
P.O. Box 14613
Lexington, KY 40512-4613

Important Note: Go365 reserves the right to confirm the accuracy of all information received and we may audit your submission at any time. Invalid or inaccurate submissions will result in the denial or removal of Bucks and/or Points. Adult children are not eligible to earn Points for biometric screening completion or healthy in-range results.

NOTICE REGARDING WELLNESS PROGRAM

Go365 is a voluntary wellness program available to all eligible Go365 members. The program is administered according to federal rules permitting wellness programs that seek to improve health or prevent disease.¹ If you choose to participate in the wellness program you will be asked to complete a voluntary health assessment or “HA” that asks a series of questions about your health-related activities and behaviors and whether you have or had certain medical conditions (e.g., cancer, diabetes, or heart disease). You will also be offered the opportunity to complete a biometric screening, which will include a blood test for cholesterol and glucose levels. You are not required to complete the HA or to participate in the blood test or other medical examinations.

However, individuals who choose to participate in the wellness program will receive various incentives (Points) for completing a range of activities promoting health. Although you are not required to complete the HA or participate in the biometric screening, only individuals who do so may be eligible to receive the Points associated with those activities.²

Additional Points are³ awarded for individuals who participate in health-related activities or achieve certain health outcomes. If you are unable to participate in any of the health-related activities or achieve any of the health outcomes required to earn the Points, you may be entitled to a reasonable accommodation or an alternative standard. You may request a reasonable accommodation or an alternative standard by calling the number on the back of your Member ID card.

The information from your HA and the results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the wellness program, such as health coaching. You also are encouraged to share your results or concerns with your own doctor.

Protections from Disclosure of Medical Information

We are required by law to maintain the privacy and security of your personally identifiable health information. Although Go365 [and your employer, if applicable] may use aggregate information collected to design a program based on identified health risks in the workplace, Go365 will never disclose any of your personal health information either publicly or to the employer, except as expressly permitted by law. Medical information that personally identifies you that is provided in connection with the wellness program may not be provided to your supervisors or managers and may never be used to make decisions regarding your employment.

Your health information will not be sold, exchanged, transferred, or otherwise disclosed except to the extent permitted by law to carry out specific activities related to the wellness program, and you will not be required to waive the confidentiality of your health information as a condition of participating in the wellness program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the wellness program will abide by similar confidentiality requirements. The only individual(s) who will receive your personally identifiable health information are those who you authorize to receive the information such as a registered nurse, a doctor, or a health coach.