

Only for Humana members

# A FUN WAY TO EARN REWARDS FOR MAKING HEALTHIER CHOICES



Welcome to Go365<sup>®</sup> by Humana, the wellness program that rewards you for completing eligible healthy activities.



## IT'S PART OF YOUR HUMANA MEDICARE PLAN

**There's no extra charge – it's included in your plan.**

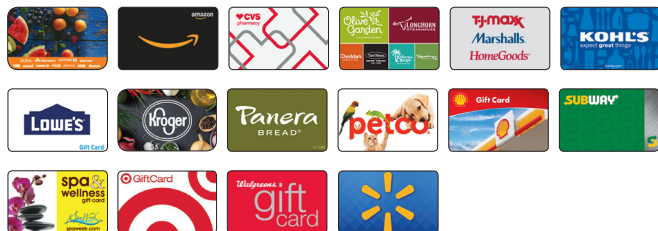
Just sign in at [Humana.com](https://www.humana.com) and click on Go365. From there, you'll be able to view your Go365 dashboard, track your activities and manage your connected activity trackers. You may also submit the paper forms enclosed in your paper packet.



## EARN REWARDS YOU CAN REDEEM FOR GIFT CARDS

**More healthy activities = more gift cards for you.**

Complete healthy activities like walking, getting your Annual Wellness Exam, or volunteering to earn rewards to redeem for gift cards. Once you've earned at least \$10 in rewards, choose your gift cards from the list of options in the Go365 Mall.



## REGISTER ON MyHUMANA

**Now it's time to get going with Go365.**

To track your activities online anytime you wish, register at [humana.com/registration](https://www.humana.com/registration). Once you've signed in, click Go365 from your dashboard - it's that easy. Request paper materials by calling the number on the back of your Humana Member ID card.

## TRACK YOUR EXERCISE PROGRAM THE EASY WAY

To earn \$5 in rewards for exercise, complete at least 8 or more workouts a month. To earn \$10 in rewards for exercise, complete 16 or more workouts a month. Here are three easy ways to track and earn:

- 1. Attend a participating SilverSneakers<sup>®</sup> Fitness class** to earn rewards automatically. Your reward may take up to 45 days to show up in your Go365 account.
- 2. Connect a compatible activity tracker to Go365**, log at least 500 steps a day, and earn automatic rewards for workouts.
- 3. Log your workouts online** or use a paper workout tracker to record your exercise, and return it to us each month to earn your reward.

## FIND Go365 COMPATIBLE ACTIVITY TRACKERS

Go365 is compatible with activity trackers from a variety of manufacturers like Fitbit and Garmin. For a full list, sign in to [Humana.com](https://www.humana.com) or call the number on the back of your Humana ID card.



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

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

# EARN HEALTHY REWARDS WITH THESE HEALTHIER CHOICES

Choose activities to help you get healthy, active, or involved and earn rewards for each one you complete. Your rewards can be redeemed for gift cards in the Go365 Mall.

Activity	Reward	Activity limit
<b>GET HEALTHY: Preventive screenings</b>		
Annual Wellness Exam	\$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 “Humana in your community” class	\$5	
Athletic event <sup>1</sup> (e.g. 5k walk/run, cycling)	\$5	
Volunteering <sup>1</sup>	\$5	12 times per year
Connect virtually with friends or family <sup>1</sup>	\$5	(\$60 annual maximum)
Go365 Community post (community.medicare.Go365.com)	\$5	
Health education seminar class <sup>1</sup>	\$5	
<b>GET ACTIVE: Exercise and fitness</b>		
8-15 workouts per month - SilverSneakers®, connected activity tracker (minimum of 500 steps/day) or paper workout tracker	\$5	Once per month (\$120 annual maximum)
16 or more workouts per month	\$10	maximum)

The monetary amounts shown above represent the value of the reward earned for completing the activity, not actual dollars.

<sup>1</sup>You will be required to fill out and submit a Go365 activity form to receive your reward for these activities. The forms can be found when you sign in at Humana.com or by requesting paper materials. The monetary amounts shown above represent the value of the reward earned for completing the activity. Rewards have no cash value.

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.

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.

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.

## Important!

### At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status, or religion. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:  
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618  
If you need help filing a grievance, call **1-877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through their Complaint Portal, available at <https://ocrportal.hhs.gov/ocrportal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019**, **800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.
- **California residents:** You may also call California Department of Insurance toll-free hotline number: **1-800-927-HELP (4357)**, to file a grievance.

### Auxiliary aids and services, free of charge, are available to you. 1-877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

### Language assistance services, free of charge, are available to you. 1-877-320-1235 (TTY: 711)

**Español (Spanish):** Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

**繁體中文 (Chinese):** 撥打上面的電話號碼即可獲得免費語言援助服務。

**Tiếng Việt (Vietnamese):** Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

**한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

**Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

**Русский (Russian):** Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

**Kreyòl Ayisyen (French Creole):** Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

**Français (French):** Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

**Polski (Polish):** Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

**Português (Portuguese):** Ligue para o número acima indicado para receber serviços linguísticos, grátis.

**Italiano (Italian):** Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

**Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

**日本語 (Japanese):** 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

**فارسی (Farsi)**

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

**Diné Bizaad (Navajo):** Wóda'í béesh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowł.

**العربية (Arabic)**

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك

GCHJV5REN 0220