

Unlock activities

Watch your success lead to your well-being

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.

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-gift cards from Amazon.com, Target, Lowe's 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 circle with a white center. Inside the circle, the 'go365 Mall' logo is at the top. Below it are logos for 'Lowe's Gift Card', 'amazon.com gift card', 'Wellness365 by Spafinder', 'macy's', and 'fitbit'. The background of the entire page shows a person's hand adjusting a black Fitbit activity tracker on their wrist.

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Go365.com

Activities and Points



Points listed are per program year unless stated otherwise.












Education

Activity

Points

- **Health Assessment**  500
Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year.
- **OR Health Assessment sections**  50
>> Get Active >> Eat Better >> Reduce Stress >> Live Well >> Know Your Health >> Introduce Yourself
200 bonus Points when you complete all six sections










Bonus Points

- **First Step Health Assessment bonus**  500 once/lifetime
- **Fast Start Health Assessment bonus**  250
- **Calculators**  75 each (up to 300/program year)
- **CPR certification**  125
- **First-aid certification**  125
- **Update/confirm contact information**  50
- **Monthly Go365.com, Humana.com or Go365 App sign-in**  10 (up to 120/program year)
- **First time Go365 App sign-in**  50 once/lifetime
- **Accept online statements**  Available for Go365 members with Humana medical coverage only. 50 once/lifetime

Prevention

Activity

Points

- **Health screening***  400 per eligible screening
- **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

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

*Subject to certain requirements and will appear as a recommended activity if they are applicable to you.

**Cost associated with nicotine tests are the responsibility of the Go365 member. Nicotine tests are not associated with biometric screenings.

Activities and Points

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Healthy living

Activity	Points
○ Blood donation	50 each (up to 300/ program year)
○ Nicotine test (in-range results)	400
○ Virtual well-being coaching ongoing interactions	10 weekly (up to 520/program year)
○ Weekly log	10 weekly
○ Sleep diary	25 weekly (up to 150/ program year)
○ Daily health quiz	2 daily
○ Fitness habit	up to 25 per month
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

Fitness

Activity	Points
Daily verified workout types	
○ Steps*	up to 50/day 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 only one bonus
○ Exceeded 100 weekly workout Points	100 awarded per week
○ First lifetime verified workout	500
○ Sports leagues	350 Points per league team (up to 1,400/program year)
Challenges	
Sponsored Challenges are set up by employers or Go365. Member-created Challenges are set up by members.	
up to 100/month total for all Challenge-related activities	
○ Participate in a Member-created Challenge	50
○ Participate in a Sponsored Challenge	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 workout 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 workout Points can be awarded.

Plan your next Status move



Sign in to 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: Silver Gold Platinum

Points required:

Sign in to 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

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- _____ PTS
- _____ PTS
- _____ PTS

Activities

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- _____ PTS
- _____ PTS
- _____ PTS
- _____ PTS

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



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