

Go365

Recommended Activities



Get healthier and maximize your Points with Go365™ Recommended Activities

Go365 can help you take steps to better health – starting today – with Recommended Activities. Recommended Activities are designed just for you, based on information you shared about your health when you completed your Health Assessment, along with your biometric screening results. Because they're tailored specifically to your health needs, they can have the greatest impact on your health.

Your personalized Go365 Recommended Activities may include:



Reach or stay at a healthy weight by eating a more nutritious diet



Lower your blood pressure



Exercise regularly



Make healthier lifestyle choices, such as quitting smoking

Make the most of your Recommended Activities:

You're challenged to complete your Recommended Activities in a certain time frame. When you do, you'll earn extra Points. You'll also earn Points for completing everyday activities along the way that help you reach your goal. It's that easy.

For example, you may receive a Recommended Activity to lose 10 pounds. Completing everyday activities like tracking your daily steps, taking an online course on

healthy eating or checking in at your fitness facility can help you reach your goal—and earn you more Points. As you achieve your goals and improve your health, you'll receive new Recommended Activities.

Remember, completing Recommended Activities can have a big impact on your overall health and reward you a lot of Points and Bucks.

Sign in to your Go365 account at **Go365.com** to see all of the activities you can do to earn Points.



Join the Go365 support community
community.Go365.com



Register or sign in at **Go365.com**
or on the Go365 App

Go365 is not an insurance product. Not available with all Humana health plans.

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SAY HELLO TO VIRTUAL WELL-BEING COACHING

More choice. More options.

Everyone has unique needs and goals – and the right support can make all the difference in helping achieve your personal goal. That’s why virtual well-being coaching offers a wide array of choices through the Go365 App on various topics:



Physical activity



Managing weight



Managing stress



Quitting tobacco



Healthy eating



Diabetes

More control. More ways to engage.

You make the decision on what well-being apps and digital resources to use and when. Need some quick one-time help or looking for long-term support? There’s an app for it! Want person-to-person coaching? You can get it! With mobile apps, you can engage in what matters to you whenever and wherever you are most comfortable.

More freedom. More flexibility.

Many of the digital resources and apps are totally free. Or you can choose premium options – with additional features and functionality – and pay the vendor directly, at discounted Go365 rates. Best of all, you can jump in, opt out, or change your option at any time you want.



Join the Go365 support community
community.Go365.com



GO FOR DIGITAL WELL-BEING.

It's so easy to get started.

✓ Get the Go365 App.

Download the App to a smart phone and you are ready to go.

✓ Explore the options.

Check out the wide array of options and choose one or two that interest you by selecting "Coaching" from the Go365 App menu.

✓ Get rewarded!

Go365 makes it easy for you to start, stop, or change any time.

How to earn Points with virtual well-being coaching.

Earn 10 Points per week when you complete one of the following eligible activities available in the apps below. You could earn 520 Points per program year!



Noom

Activities

- Log 3 meals
- Log physical activity 3x (device synced or manual entry)
- Message a Coach
- Post or respond to the Group feed
- Weigh in 1 or more times
- Read an article



Daily Burn



Fitbit Coach

Activities

- Complete a workout on 3 separate days



Eat Right Now



Unwinding Anxiety



Craving to Quit

Activities

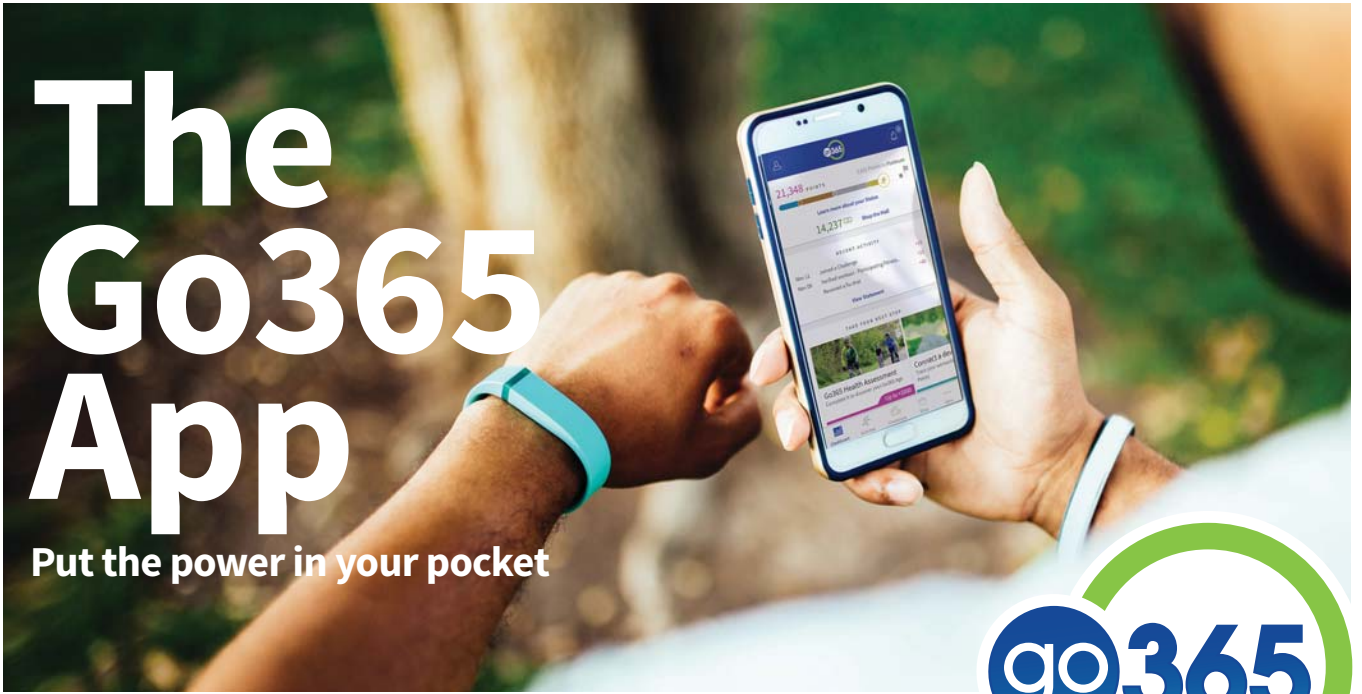
- Complete a Daily Lesson on 3 separate days
- Check in on 3 separate days
- Complete the Want-O-Meter, Stress Test or Stress Meter, whichever is available, on 3 separate days (no mix and match across tools for Points).

To earn Points, you must complete one full Activity – no mix and match across Activities. Week is defined as Sunday - Saturday. Activities will award Points under Healthy Living and display as Virtual Well-being Coaching on your Go365 statement.



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:

- Go head-to-head against other Go365 members and compete in Challenges*
- Submit proof of eligible activities for Points
- Connect compatible devices and tracking apps
- 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 food and sleep tracking for Points**
- Check on your Go365 Age and Status
- Get support through virtual well-being coaching apps and earn Points**
- See your Points history
- Spend your Bucks in the Go365 Mall

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



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*Members earn 50 Points per Challenge each time they participate in a Challenge, up to 100 Points per month. Participation is validated once the member uploads data from a compatible device to the Challenge.

**Depending on the activity, activities can be worth 2 Points a day or may have a weekly or monthly cap. Refer to the App for Points limits.



HAVE FUN

with Go365 Kids



Get healthier—and earn Points—together with Go365® Kids

Now, the family that gets moving and healthier together gets rewarded together. Go365 Kids gets the whole family into the action! Your kids can play a part in your family’s well-being by earning Points when they do “kid” things – like playing on a soccer team – or when you do other activities that are good for their health – like get their shots and preventive screenings.

Your kids can earn Points, good toward your family’s total

When your kids (dependents under 18) are part of your Go365 program, they’ll earn Points that contribute to your family’s overall Point total and Go365 Status.

Activity

Points



Heath Assessment

The Kids Health Assessment covers a child’s physical activity, nutrition, lifestyle and well-being. You get a better understanding of your children’s current health and the areas that need improvement. Points are not awarded for Kids Health Assessment completion.



Prevention (up to 500 Points per program year per child)

Kid’s preventive care visit	200
Kid’s dental exam	100 (up to 200/program year)
Kid’s vision exam	100
Kid’s immunizations	100
Kid’s flu shot	100



Fitness

Kid’s sports league	100 each (up to 200/program year)
Kid’s athletic events	50 each (up to 200/program year)



Events

Employer-sponsored events	10 – 100 (up to 200/program year)
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Children can contribute up to a maximum of 1,000 Points per program year.



Join the Go365 support community
community.Go365.com

Your kids learn about being healthy from you

When you take a walk with your kids, make a healthy meal together or get tests they need to stay healthy, you show them how important it is to take care of their health.

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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 Message 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.

GET REWARDED WITH GO365!



SEE HOW FAST YOU CAN REDEEM REWARDS IN THE Go365 MALL



As a Go365® member, you earn Points for completing healthy activities. You get 1 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 Go365 App to see all the great products, deals and offers.

Popular brands	Deals and offers	Charities
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E-GIFT CARDS

Rewards start at 1,000 Bucks (\$10 value)



Rewards start at 1,200 Bucks (\$12 value)



Rewards start at 4,500 Bucks (\$45 value)



Rewards start at 11,900 Bucks (\$119 value)

FITNESS DEVICES AND GEAR

Rewards start at 2,500 Bucks (Garmin Vivoki & Fitbit Zip)



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.

Rewards start at 1,000 Bucks (\$10 donation)



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 App to find all the rewards you can earn for living healthier



Get Go365 support at 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.

Bucks must be redeemed within **two** years following the year they are earned. This means that unused Bucks earned anytime in year 1 will expire on the last day of year 3.

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HAVE FUN. SAVE MONEY. EAT HEALTHY.



Play Pick6

Save up to 50% on Great For You™ healthier foods at Walmart®.



HealthyFood. Healthy Savings.

As a Go365™ member eligible for HealthyFood, use your HealthyFood Shopping Card to save* 5% on all Great For You healthier foods at Walmart. Play Pick 6 online or on the Go365 App for a chance to win up to 50% savings, every month!

Look for qualifying items with the Great For You icon on products including fresh and canned fruits and vegetables, low-fat dairy, lean meats and some whole-grain products.

Play. Pick. Win.

- Tap six squares — the more apples you reveal, the bigger your discount — up to 50% each month
- Play early in the month — the discount you win is good for the entire month
- Your discount will be available two business days after you play Pick 6
- If you skip Pick 6 for a month, you'll get the standard 5% discount as long as you maintain Bronze Status or higher and you haven't reached the maximum \$600 annual savings limit



What — no HealthyFood Shopping Card?

Let's fix that fast. After you reach Bronze Status or higher, request your Shopping Card via Go365.com or the App.



Go365 is not an insurance product. Not available with all Humana health plans.

Go365 members must have Bronze Status or higher and must be 18 years of age or older to be eligible to participate in HealthyFood. HealthyFood is not available to all Go365 members and is only available with certain plans or products offered by Humana. To check your Status or see if you are eligible for HealthyFood, sign in to your Go365.com account. For a listing of all qualifying Great For You healthier food items, visit the HealthyFood page on Go365.com or check Walmart.com. HealthyFood is only available at Walmart Neighborhood Markets and Walmart retail stores. Sam's Club stores and Walmart.com are excluded from HealthyFood.

*Standard program savings on Great For You healthier foods is 5%. Any increase in savings is variable and based on an eligible member playing the HealthyFood Pick 6 game. For complete Pick 6 game details, see Frequently Asked Questions online or on the Go365 App. Reach Bronze Status within 90 days of your Go365 program start or renewal date to remain eligible for program savings. Contact your HR department, or refer to your Plan Summary or Explanation of Benefits to determine program start date. If your savings appear inaccurate, sign in to your Go365.com account and visit the Communication Center to send us a secure message. Sending us a secure message is the best way to reach us while protecting your privacy.

Humana Inc. and its subsidiaries ("Humana") do not discriminate on the basis of race, color, national origin, age, disability or sex.

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you.

Call **1-800-281-6918 (TTY: 711)**.

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al **1-800-281-6918 (TTY: 711)**.

繁體中文 (Chinese): 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 **1-800-281-6918 (TTY: 711)**。

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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 identity, 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 the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone 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>.

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 béésh bee hani'í bee wolta'ígíí bich'í' hódíílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowol.

العربية (Arabic)

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك

Go365™ Biometric Screening



NOTE: Humana will pay for one biometric screening from your physician each year as long as it's coded as preventive- screening at Quest or LabCorp is not limited.

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):
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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

Preferred method - upload from your computer through your Go365 web portal.

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.

Please refer to the Go365 Notice of Privacy Practices for additional information on ways Go365 uses and protects your confidential medical information. You may not be discriminated against in employment because of the medical information you provide as part of participating in the wellness program, nor may you be subjected to retaliation if you choose not to participate. If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact your Human Resources professional at your place of work.

¹ For employees whose employers have provided Go365 as part of the employer-sponsored wellness program, these laws include the Americans with Disabilities Act of 1990, the Genetic Information Nondiscrimination Act of 2008, and the Health Insurance Portability and Accountability Act, as applicable, among others.

² Points are not rewarded for eligible adult and minor children of Go365 members who complete the HA or biometric screening, and who achieve certain outcomes on the biometric screening.

³ See footnote 2.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación.

注意：如果您使用繁體中文，您無需收費獲得語言援助服務。請致電會話熱線的電話號碼。