



## Get Active

Did you know that your first lifetime verified workout with Go365™ will earn you 1250 points?



## How do you get a verified workout? It's easy!

1,000 steps on a verified fitness device

15 minutes above 60% of your maximum HR with a Heart Rate Monitor

Burning 100 calories with a registered fitness app (if burn rate exceeds 200 calories per hour)

Checking in for a workout at a participating fitness or beacon enabled facility

Don't have a workout device? Here are some free apps that will connect to Go365:

- RunKeeper
- S Health
- AppleHealth
- Strava

\*Visit [Community.Go365.com](http://Community.Go365.com) for a full list of compatible apps

You are also eligible for workout bonuses:

**50 points**

if you exceed 50 fitness points in a week

**100 points**

if you exceed 100 fitness points in a week

**These workout bonuses also apply to any eligible spouses or adult dependents on your plan.**

**Contact your Humana representative or [Community.Go365.com](http://Community.Go365.com) to learn more.**



## To connect/disconnect a fitness device from the website or the Go365 App:

### Website:

1. Select "Quick Links" at the top of your Go365 Dashboard.
2. Choose the "Connect and manage devices" tile.
3. To connect a new device, search for or select the device you wish to add, and select "Connect." Follow the prompts.
4. To disconnect a device, find your device in the "My devices" section, and select "disconnect." Follow the prompts.

### Android:

1. Tap the "Menu."
2. Tap "Account & Settings."
3. Tap "App and device settings."
4. Select the app or device you want to connect/disconnect.
5. To disconnect, tap the connected device and answer OK to the question "Do you want to disconnect the device?"
6. To connect, tap the device that is not connected and follow the flow to connect.

### iOS:

1. Tap either the "More Menu" or the "Profile" icon on the Dashboard.
2. Tap "App and device settings."
3. Select the app or device you want to connect/disconnect.
4. To disconnect, tap the connected device and answer OK to the question "Do you want to disconnect the device?"
5. To connect, tap the device that is not connected and follow the flow to connect.

## Tips for transferring information from device to Go365:

1. When connecting a device, please make sure to allow all notifications to Go365 (if prompted).
2. If you're using a wearable device (such as a Fitbit or Garmin), make sure you are syncing your steps each day through the device app. This allows the steps to feed to Go365.
3. If you're using a free app (such as Apple Health), make sure to log-in to the Go365 app at least every other day. This speeds up the transfer of information from Apple Health to Go365.



# EARN REWARDS

Connect compatible apps  
and devices to Go365<sup>®</sup>

[Go365.com](https://Go365.com)

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# Compatible fitness devices and apps

Manufacturer	Device
<b>Espresso</b>	All Espresso devices are compatible
<b>Fitbit</b>	All Fitbit wearable devices are compatible
<b>Garmin</b>	All Garmin wearable devices are compatible All Garmin Edge devices are compatible
<b>iHealth</b>	Edge
<b>Misfit</b>	All Misfit wearable devices are compatible
<b>Nokia Health</b>	All Nokia Health wearable, scale and blood pressure devices are compatible
<b>Polar</b>	All Polar devices are compatible
<b>Qardio</b>	All Qardio scale and blood pressure devices are compatible

## Compatible apps

Apple Health	Five Minute Journal	RunDouble C25k
Craving to Quit	Health IQ	RunKeeper
Daily Burn	Life Fitness	Samsung Health
Eat Right Now	MyFitnessPal	Stop, Breathe & Think
Fitbit Coach	Noom	Strava
		Unwinding Anxiety

Devices may be added or removed without warning. This grid is updated periodically to reflect changes. For the most up-to-date list, refer to [Go365.com](http://Go365.com) or the Go365 App.

Notice: People who have a pacemaker or other electronic medical device use a heart rate monitor at their own risk. It is strongly recommended that people with a pacemaker or other electronic medical devices consult with their doctor before beginning an exercise regimen and using a heart rate monitor. A doctor may suggest an exercise test under his or her supervision to determine the appropriate intensity level for exercise and to ensure the simultaneous use of the medical device and heart rate monitor is safe for you.



# Earn Points using your device

Refer below for data Go365 accepts from fitness devices

Device type	Steps	Calories	Heart rate	Weight*	Blood pressure*†	Glucose*†	Sleep
Expresso		•	•				
Fitbit	•						•
Garmin	•	•	•				•
iHealth	•				•	•	•
Misfit	•						
Nokia Health	•	•			•		
Polar	•	•	•				
Qardio				•	•		

\*Adult children are not eligible to earn Points or Bucks for these activities.

†This activity only displays if members have a recommended activity related to it within their Go365.com account. See Compatible Fitness Devices and Apps section for specific devices that work within the Go365 experience.

Data that Go365 receives depends on the device type. Check the manufacturer's device specs to confirm the type of data Go365 will receive.



# Earn Points using your mobile app

Refer below for data Go365 accepts from mobile apps

Mobile app	Steps	Calories	Food	Weight*	Mindfulness	Sleep	Health quiz
Apple Health	●			●		●	
Five Minute Journal					●		
HealthIQ							●
Life Fitness		●					
MyFitnessPal			●	●			
RunDouble C25K		●					
RunKeeper		●					
Samsung Health	●		●	●		●	
Stop, Breathe & Think					●		
Strava		●					

\*Adult children are not eligible to earn Points or Bucks for these activities.

**Note:** Apple Watch and Samsung Gear devices are compatible with mobile apps. Third-party devices connected through Apple Health and Samsung Health will not sync to Go365. To ensure the proper data transfers from Apple Health, please be sure to sign in to the Go365 App after your daily activity.



# Earn Points for virtual coaching apps

Refer below for data Go365 accepts from virtual well-being coaching apps

Mobile app	Weight management	Physical activity	Nutrition	Tobacco cessation	Stress management	Diabetes
Noom	●					●
Daily Burn		●				
Fitbit Coach		●				
Eat Right Now			●			
Unwinding Anxiety					●	
Craving to Quit				●		

From time to time, Go365 may make available items and services from third-party vendors. While some services are provided at no additional cost to you, if you choose to use certain items and services, you may incur additional fees that are not covered by Go365. Discounts for third-party products are off full retail price. Third-party vendors may run promotions that make it cheaper to purchase the product directly from such vendors. Humana does not endorse the items, services or content provided by third-party vendors.



# How to connect to Go365

## For connecting online

- 1 Sign in to Go365.com
- 2 Select the “Quick Links” button or fitness device icon in the upper right of the main dashboard
- 3 Select the “Connect and manage devices” button
- 4 Select the “Connect” button under the device logo of your activity tracker you want to use and follow the prompts given

## For connecting in the Go365 App

- 1 Sign in to the Go365 App
  - a. Android users: Tap the “Menu” icon on the dashboard > Tap “Account & Settings”
  - b. iOS users: Tap the “More Menu” icon > Tap “Account Settings” or the “Profile” icon on the dashboard
- 2 Tap “App and device connections”
- 3 Select the activity tracker to which you want to connect and follow the prompts

**See important details on the next page after you’ve connected your device or an app.**





## Important details after you've connected

- Make sure your activity uploads to the activity tracker manufacturer's account (for example, Garmin or Fitbit account). If your activity isn't there, then Go365 can't pull any data over to award you!
- Upload device activity to the manufacturer's account at least once a week so you don't miss out on daily Points.
- Sign in to the Go365 App at least once a week if using Apple Health or Samsung Health to ensure your activity awards.
- Ensure your device or app account is not linked to a social media account, such as Facebook, as it can block data from feeding over to Go365 and earning you Points.
- You don't need to connect a compatible device to earn workout Points if you visit a participating fitness facility. Just ensure your fitness facility membership is connected to Go365:
  - Sign in to Go365.com
  - Select “Quick Links” button
  - Select “Participating fitness facilities” button
  - Search by ZIP code
  - Select “Earn Points at this facility” for instructions
- If applicable, remember to use the Beacon check-in on the Go365 App.
  - Some locations have a Beacon to award for fitness facility workouts or other Go365-eligible activities using the Go365 App. To connect to Beacon check-in:
    - 1 Tap “Beacon” from “Account and Settings” on the Go365 App
    - 2 Toggle on the Beacon check-in
    - 3 With Bluetooth reception “On” and location services “Always” on, wait for available Beacons to appear and choose a Beacon





# How to earn Points

## Verified workouts and bonus Points

### Verified workout Points

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**Steps**

Earn 1 Point per 1,000 steps.

**Calories**

Earn 5 Points per 100 calories if burn rate exceeds 200 calories/hour. (For app-based trackers, the GPS feature of the phone needs to be active, and the workout should take place outdoors or in an area with GPS signal reception.)

**Heart rate**

Earn 5 Points for every 15 minutes you spend above 60% of your maximum heart rate. Your maximum heart rate is calculated by subtracting your age from 220.

**Participating facilities**

Earn up to 10 Points per day when you check in at a fitness facility linked to Go365.

#### Calculating daily 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 24-hour period from 12:00 a.m. – 11:59 p.m. Go365 members may earn a maximum of 50 daily fitness Points.

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### Bonus Points

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**Weekly workout**

Earn 50 bonus Points when you earn more than 50 workout Points in a week. Earn 50 additional bonus Points when you earn more than 100 workout Points in a week. Week is defined as Sunday–Saturday.

**First verified workout**

Earn 500 Points once in your lifetime when you complete your first workout ever in Go365.

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# How to earn Points

## Virtual well-being coaching activities

### Coaching activities

Earn 10 Points per week, up to 520 total Points per program year, by completing one of the following coaching activities.

<b>Weight management</b>	<p><b>Complete one of the following:</b></p> <ul style="list-style-type: none"> <li>• Log 3 or more meals</li> <li>• Log physical activity at least 3 times (device synced or manual entry)</li> </ul>
<b>Diabetes</b>	<ul style="list-style-type: none"> <li>• Message your coach</li> <li>• Post or respond to the Group feed</li> <li>• Weigh in 1 or more times</li> <li>• Read an article</li> </ul>
<b>Physical activity</b>	<p>Complete at least 1 workout on 3 different days</p>
<b>Nutrition</b>	<p><b>Complete one of the following across 3 different days:</b></p>
<b>Stress management</b>	<ul style="list-style-type: none"> <li>• At least 1 Daily Lesson</li> <li>• At least 1 check-in</li> </ul>
<b>Tobacco cessation</b>	<ul style="list-style-type: none"> <li>• 1 Want-O-Meter, Stress Test or Stress Meter, whichever is available</li> </ul>

**Note:** Mixing and matching (i.e., 2 check-ins and 1 completed workout or 1 Stress Test and 2 Want-O-Meters) does not qualify for Points.

Links to third-party apps are provided for your convenience. Humana Wellness, its parent and affiliates (“we”) have not reviewed or verified the information provided within such applications and disclaims any responsibility for the content or accuracy. We are not liable for the negligent provision of services by a third party. These apps should not be construed as medical advice and you should consult with an applicable licensed professional to determine what is right for you.



# How to earn Points

## Additional Go365 activities

### Weekly log

Complete one of the following activities within a week to earn up to 10 Points per week.

<b>Food</b>	Log daily food consumption.
<b>Weight</b>	Log your weight.*
<b>Mindfulness</b>	Log at least 3 journals or meditations.
<b>Blood pressure</b>	Record your blood pressure.*†
<b>Glucose</b>	Record your blood glucose.*†

### Challenges

Create or join a Challenge to compete with your friends and colleagues. Earn 50 Points for participating in a Challenge, up to 100 Points per month.

**Note:** Type of Challenge (steps, weight and sleep) and length of time vary.

### Sleep diaries

Sleep 7 or more hours per day for 5 days in a calendar week (Sunday–Saturday) to earn 25 Points per week, up to 150 Points per program year.

### Daily health quiz

Complete a quiz using Health IQ to earn 2 Points per day.

\*Adult children are not eligible to earn Points or Bucks for these activities.

†This activity only displays if members have a recommended activity related to it within their Go365.com account.

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

Recommended activities are not medical advice. Consult your physician. 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. Contact Go365’s Customer Care team by signing in to Go365.com and using the secure live chat feature on the bottom right of the screen or by calling the number on the back of your member ID card, and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.