

## How to earn rewards with Go365 by Humana®



### It's part of your Humana Medicare Advantage plan

#### Taking care of your health can be rewarding

Go365 by Humana® makes wellness fun and easy. We can help you reach your physical and emotional health goals. Track your activity and redeem rewards:

- online, at [MyHumana.com](https://www.MyHumana.com)
- by filling out and mailing in paper forms

### Earn rewards you can redeem for gift cards

#### More healthy activities = more gift cards for you

Complete eligible healthy activities like walking or getting your Annual Wellness Visit and you can earn rewards to redeem for gift cards. Once you've earned at least \$10 in rewards, choose your gift cards in the Go365 Mall.

### Activate your Go365 Profile

#### Now it's time to get going with Go365

If you have a MyHumana account, you can use the same information to log in to Go365.com. If not, activate your profile at MyHumana.com. Once you log in to Go365, you'll see eligible activities you can complete to earn rewards, and details on how to track your actions.

### Track your exercise the easy way

Earn \$5 in rewards a month for completing **12 or more workouts**. Here are three easy ways to track and earn:

1. **Attend a participating SilverSneakers® Fitness class** to earn rewards automatically. Your rewards may take up to 45 days to show up in your Go365 account.
2. **Log your workouts online** in your Go365 account or use a paper workout tracker to record your exercise. Eligible activities include yoga, dance, gardening, cycling, pickleball, strength training and more. Submit your workout within **90 days** of completion.
3. **Connect a compatible fitness device to Go365** to earn rewards automatically when you take at least 5,000 steps a day.

Go365 is compatible with fitness devices from a variety of manufacturers like Fitbit and Garmin. For a full list, sign in to your Go365 account.

**Earn \$5 in rewards monthly when you track your eligible workouts in any of the three ways listed above.**

Activity	Go365 rewards	Activity limit
<b>GET HEALTHY: Preventive screenings</b>		
Annual Wellness Visit	\$25 in rewards	1 per year
Mammogram	\$30 in rewards	1 per year
Colonoscopy 45+ years	\$50 in rewards	1 per year*
Diabetic Bundle: Complete all 4 screenings to be rewarded HbA1c, Diabetic eye exam, Kidney urine test, Kidney blood test	\$40 in rewards	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 health education activities</b>		
Attend a health education or art class, participate in an athletic event, social club, or religious gathering or event.	\$5 in rewards	- 3 times per year for \$5 per month - 90 days to submit activity - \$15 annual maximum
Staying connected socially is important to your overall health and well-being. Social and cognitive activities may help contribute to better long-term mental health, and may help ward off dementia and depression. <sup>1,2</sup>		
<b>GET ACTIVE: Exercise and fitness</b>		
12 or more workouts a month. The Centers for Disease Control and Prevention recommends 150 minutes of activity a week to help manage or prevent health problems and maintain independence. <sup>3</sup>	\$5 in rewards	- \$5 per month - 90 days to submit activity - \$60 annual maximum

\*If applicable

<sup>1</sup> “Broader Social Interaction Keeps Older Adults More Active,” Harvard Health Publishing, last accessed June 30, 2022, <https://www.health.harvard.edu/mind-and-mood/broader-social-interaction-keeps-older-adults-more-active>.

<sup>2</sup> “Loneliness and Social Isolation Linked to Serious Health Conditions,” Centers for Disease Control and Prevention (CDC), last accessed June 30, 2022, <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html%5C>.

<sup>3</sup> “How Much Physical Activity Do Older Adults Need?,” Centers for Disease Control and Prevention, last accessed August 24, 2022, [https://www.cdc.gov/physicalactivity/basics/older\\_adults/index.htm](https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm).

Rewards must be earned and redeemed within the same plan year. Rewards not redeemed before Dec. 31<sup>st</sup> will be forfeited. Some items may be discontinued in the Go365 Mall and new items may be added. For the most updated list, visit **Go365.com** or call **866-677-0999**. Gift cards cannot be used to purchase prescription drugs or medical services that are covered by Medicare, Medicaid or other federal healthcare programs, alcohol, tobacco, e-cigarettes, or firearms. Gift cards must not be converted to cash. Receive language assistance or have materials provided in alternative formats as noted in the enclosed accessibility flyer.

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