



Health Rewards

Go365 by Humana

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TODAY'S AGENDA

Today, we will discuss how to earn rewards with Go365 by Humana.

Let's make sure you aren't leaving rewards on the table!





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What is Go365 by Humana?

It's included as part of your Humana Medicare Advantage plan.

Taking care of your health can be rewarding! Go365 by Humana® makes wellness fun and easy. Earn up to \$195 in rewards each year for completing eligible activities!

Track your activity and redeem rewards:

- online, at **MyHumana.com**
- by filling out and mailing in paper forms





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Advantages of Go365

- Being active helps to manage or prevent chronic conditions and may help to prevent falls and lower the risk of dementia.
- Being social helps to boost or maintain your well being and research shows that people who have hobbies and/or belong in social groups may live longer.
- Being proactive helps to maintain health by learning healthy meal planning and managing stress.





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How Does Go365 Work?

Earn rewards you can redeem for gift cards!
More healthy activities = more gift cards for you!

Complete eligible healthy activities like walking, getting your Annual Wellness Visit or volunteering 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.





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How Does Go365 Work?

- When the member has \$10 in rewards, then the rewards can be redeemable for gift cards only and they have no cash value
- Rewards are only redeemable through the Go365 Mall and can only be redeemed for the same year. Any rewards not redeemed by December 31 of each year will be forfeited
- The gift cards can be used for gas, groceries, etc. and the gift cards does not have an expiration date



How To Get Started

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



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Earn \$5 in rewards a month for completing **12 or more workouts**.

Here are three easy ways to track and earn:

- 1) SilverSneakers® fitness classes
- 2) Log workouts online
- 3) Use a compatible activity tracker



#1 – SilverSneakers® Fitness Classes



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Attend a participating SilverSneakers® Fitness class to earn rewards automatically if your plan includes SilverSneakers. Your rewards may take up to 45 days to show up in your Go365 account.



#2 – Log Your Workouts Online



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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 – Activity Trackers

Connect a compatible activity tracker to Go365 to earn rewards automatically when you take at least 5,000 steps a day.

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



Get Healthy: Preventive Screenings



GET HEALTHY: Preventive screenings

Annual Wellness Visit	\$25 in rewards	1 per year
Mammogram	\$30 in rewards	1 per year
Colorectal screening (select one or both screening options) maximum earn \$50	up to \$50 in rewards	1 per year*
In-person colonoscopy 45+ years	\$50 in rewards	1 per year
At-home test kit 45+ years	\$20 in rewards	1 per year
Bone density screening	\$20 in rewards	once every 2 years*

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.

Get Involved: Social & Health Activities



GET INVOLVED: Social and health education activities

Attend a class or health education seminar offered by Humana Neighborhood Center or groups in your community. Examples may include a painting, dancing or nutrition class (in person or online)	\$5 in rewards	\$5 per month 90 days to submit activity (\$40 annual maximum)
Complete an athletic event (e.g., 5k walk/run, cycling, tournament)	\$5 in rewards	
Volunteer	\$5 in rewards	
Attend a social club such as garden, book, religious, or sports/golf/pickleball/walking, etc. (virtual or in person)	\$5 in rewards	
Post or comment in the Go365 Medicare Community	\$5 in rewards	
Other fitness event (e.g. dance competition, bocce ball tournament)	\$5 in rewards	

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.^{1,2}

Get Active: Exercise & Fitness



GET ACTIVE: Exercise and fitness

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.³

\$5 in rewards

\$5 per month
90 days to submit
activity (\$60 annual
maximum)

*If applicable

How to Sign Up for Go365



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Go to www.Go365.com and click on **Sign In.**

A screenshot of the Go365 website homepage. The top navigation bar is dark blue with the Go365 logo on the left and the text "Español" on the right. Below the navigation bar, there are three dark blue buttons: "For employers & brokers", "For members", and "Sign in". The "Sign in" button is highlighted in green. An orange arrow points from the text "Sign In." in the previous block to this button. Below the navigation bar, there is a large circular image of a man and a woman practicing yoga. To the left of the image, the text reads "Good morning" with a sun icon, followed by "Happier, healthier lifestyles for everyone, every day". A small green "Feedback" button is visible on the right side of the image.

How to Sign Up for Go365



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On the next screen, under the section that says **Don't have a profile**, click **Activate online account**.

The screenshot shows a sign-in page for MyHumana, CenterWell Pharmacy, and Go365. At the top, the logos for Go365, MyHumana, and CenterWell Pharmacy are displayed. Below the logos is the text "1 secure sign-in for all your accounts". The page is divided into two main sections. The left section is titled "Sign in" and contains the following elements: a heading "Sign in", a sub-heading "Enter your username and password to access all of your accounts. [Learn more](#)", a "Username" field with a help icon and a "Forgot username?" link, a "Password" field with a "Forgot password?" link and a "Show" button, a "Remember username" checkbox, and a "Sign in" button. The right section is titled "Don't have an account?" and contains the following elements: a heading "Don't have an account?", a sub-heading "Set up your online account to sign in to MyHumana, CenterWell Pharmacy™ and Go365®.", a sub-heading "You may need your member ID before getting started.", and an "Activate online account" button with a right-pointing arrow. An orange arrow points from the text in the left section to the "Activate online account" button.

How to Sign Up for Go365



Complete the fields with your **Member ID, DOB, and Zip Code** associated with your Humana policy, and select **Continue**.

The next screen will ask for your email address, then you will create a username and password.

Step 1 of 3

Confirm member information

1 Member information 2 Account setup 3 Activation complete

Depending on your plan, you'll need your member ID or Social Security number. If you're a new Go365 member, you may need to wait for your member ID card to arrive in the mail before activating your account. [Where is my member ID?](#)

* Required

Select ID *

Select

Date of birth *

Example: 05/02/1958

ZIP code *

[Continue →](#) [Cancel activation](#)

How to Sign Up for Go365



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After you have set your username and password, go back to www.Go365.com and click on **Sign In**.

A screenshot of the Go365 website. The top navigation bar is dark blue with the Go365 logo on the left and the text "Español" on the right. Below the navigation bar are three menu items: "For employers & brokers", "For members", and "Sign in". The "Sign in" button is highlighted in green. Below the navigation bar is a large circular image of a man and a woman practicing yoga. To the left of the image is the text "Good morning" with a sun icon, followed by "Happier, healthier lifestyles for everyone, every day". A "Feedback" button is visible on the right side of the image.

go365

Español

For employers & brokers ▾

For members ▾

Sign in

Feedback

☀ Good morning

Happier, healthier
lifestyles for everyone,
every day

How to Sign Up for Go365



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Now, you can enter your username and password that you just set up here, and click **Sign In.**

1 secure sign-in for all your accounts

Sign in

Enter your username and password to access all of your accounts. [Learn more](#)

Username  [Forgot username?](#)

Password [Forgot password?](#)

 [Show](#)

Remember username

[Sign in →](#)

Don't have an account?

Set up your online account to sign in to MyHumana, CenterWell Pharmacy™ and Go365®.

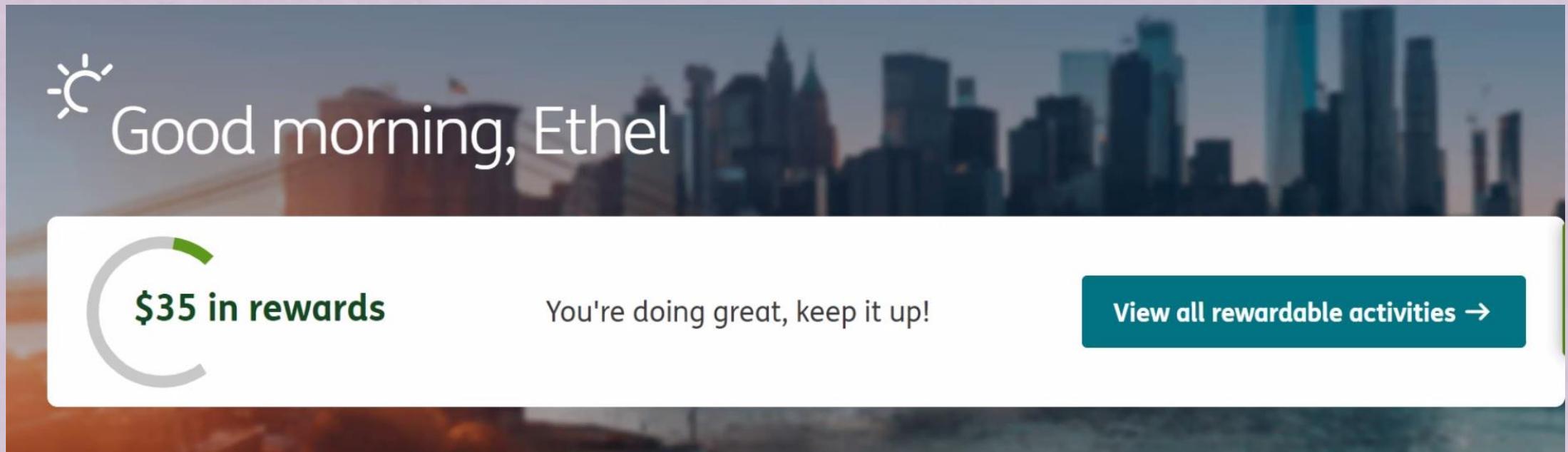
You may need your member ID before getting started.

[Activate online account →](#)

How to Access Your Go365 Account



Once you are logged in, you will first see a Welcome screen that looks like this.



How to Access Your Go365 Account



From the home screen, on the left you will see how many rewards you have accrued, and, on the right, you will see a button that says **All Rewardable Activities** and click on button

All Rewardable Activities

View all activities you're eligible for this program year. Please note: all amounts listed are reward values and are not cash and can only be redeemed for gift cards in the Go365 Mall. Rewards must be earned and redeemed within the same plan year.

Preventive care

Activities and possible rewards available this program year

- [Bone density test](#) **\$20**
- [Breast cancer screening](#) **\$30**
- [Comprehensive diabetic eye exam](#) **\$25**
- [Annual wellness visit](#) **\$25**
Completed 01/11/2023
- [Diabetic HbA1c test](#) **\$10**

Exercise and fitness

Be active for 12 days to earn \$5 in rewards.

ⓘ You can only submit activities within the last 90 days.

[Exercise 12 days in a month](#) **\$5** per month

×	×	×	×	×	×
JAN	FEB	MAR	APR	MAY	JUN
×					
JUL	AUG	SEP	OCT	NOV	DEC

You have earned **\$0** in rewards so far this year.

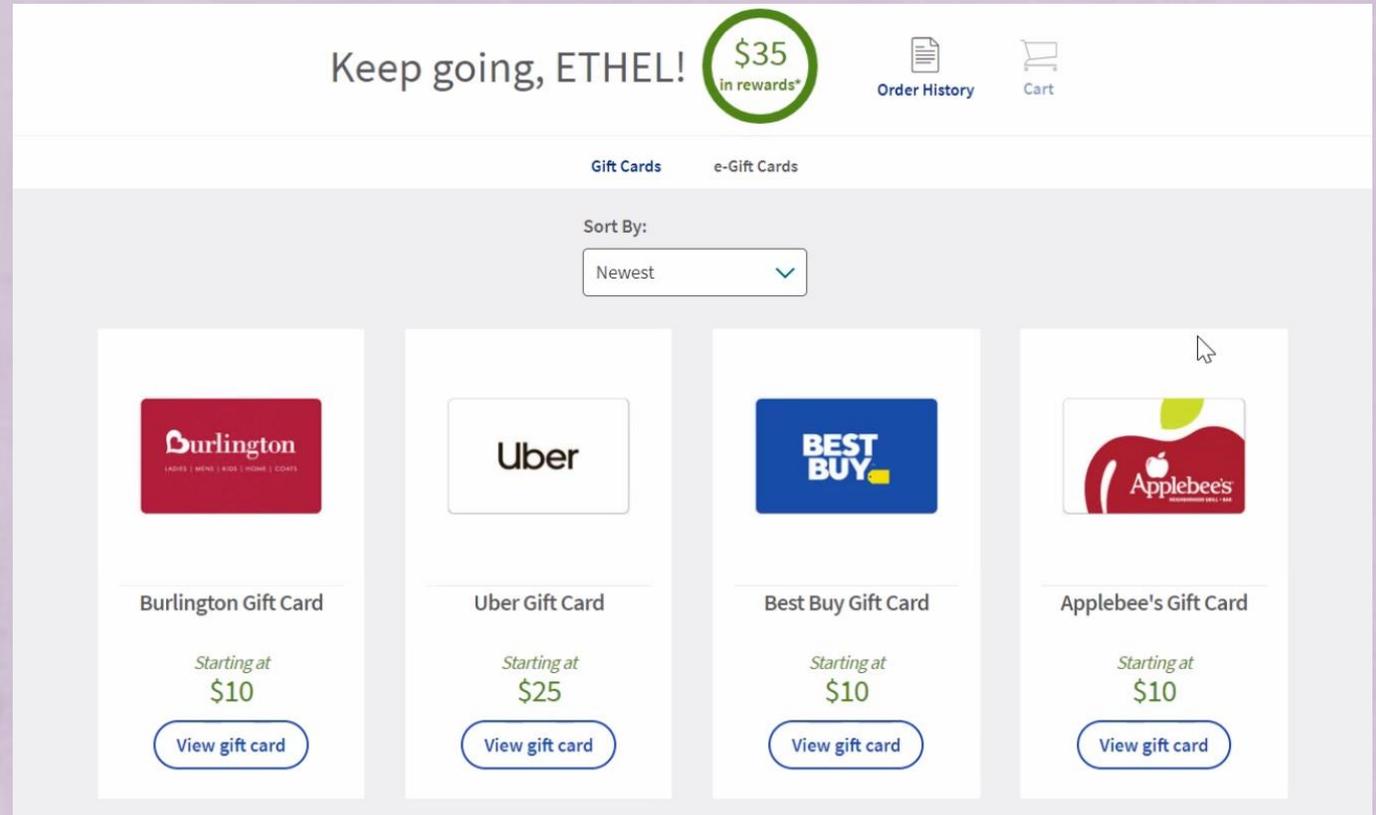
[Chat with us](#)

How to Collect Your Rewards



From the home screen at the top of the page you will see **GO365 Mall** and that is where you go to redeem rewards for gift cards.

To redeem by phone, call **(866) 677-0999** and follow the prompts.



CONTACT LEIGH BATTLE



Have questions or need help?
I'm always here for you!

Leigh Battle

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