

# Earning Points in Go365

Take the stairs. Keep your blood pressure in check. Eat more salads. There are lots of things you can do to get healthier. With Go365®, you can earn Points for doing them:

## Activities.

These are things you do every day — like taking a walk or getting your flu shot — to be your healthiest.

## Recommended activities.

These personalized activities are created just for you, based on what you told us about your health in your Health Assessment. Recommended activities are things like losing weight or exercising more that are designed to jumpstart your health, and they're worth more Points!

## Challenges.

Here's your chance to boost your health even more when you compete against friends and co-workers. Challenge them for most steps taken or pounds lost, or create your own Challenge!

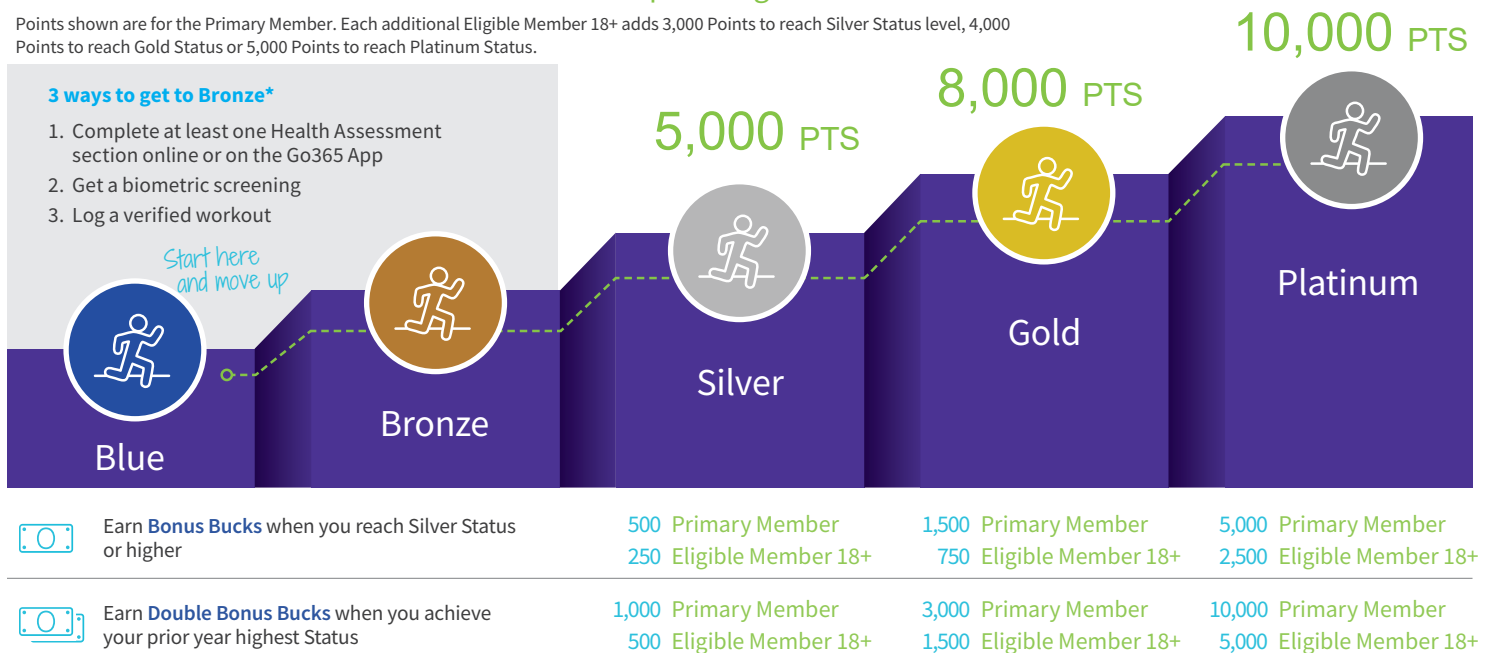
## Go365 Kids.

Even your kids can get involved. They'll earn Points for doing healthy things they already enjoy, like playing on a soccer team, as well as for getting check ups and shots.



## Unlock activities to earn more Points and move up to a higher Status

Points shown are for the Primary Member. Each additional Eligible Member 18+ adds 3,000 Points to reach Silver Status level, 4,000 Points to reach Gold Status or 5,000 Points to reach Platinum Status.



Recommended activities are not medical advice. Consult your physician.

Bonus Bucks are not tied to Points and increase a Go365 members' buying power in the Go365 Mall. Bonus Bucks are awarded when a Go365 member reaches Silver, Gold and Platinum Status, and are doubled when the prior year highest Status is achieved. For example, a year one primary Go365 account holder reaches Gold Status at the end of their program year. The primary Go365 account holder will earn 1,000 Bonus Bucks for reaching Silver Status (1,000 Bonus Bucks are awarded the first time the primary Go365 account holder reaches Silver Status) and 1,500 Bonus Bucks for reaching Gold Status. In the primary Go365 account holder's next program year, the highest Status reached is Gold Status. In this example, 500 Bonus Bucks are awarded at Silver Status and 3,000 Bonus Bucks are awarded when the member reaches Gold Status again. Bonus Bucks apply to the 30,000 Bucks maximum each adult member can earn in a program year.

Eligible dependents 18 years of age and older earn Bonus Bucks, too. When the family reaches a new Status level or when the family reaches their highest Status from the prior program year, eligible dependents will earn half the amount of Bonus Bucks awarded to the primary Go365 account holder. For example, when the family reaches Silver Status for the first time the primary Go365 account holder will earn 1,000 Bonus Bucks and each eligible dependent will earn 500 Bonus Bucks. When the family reaches Gold Status in the next program year, the primary Go365 account holder will earn 3,000 Bonus Bucks and each eligible family member will earn 1,500 Bonus Bucks.

\*Adult children can only move a family out of Blue Status by completing a verified workout.

### Learn more at Go365.com

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

# Activities and Points Adults 18+

Points listed are per program year unless stated otherwise.



## Education

Activity	Points
<b>Health Assessment</b>	
<input type="radio"/> Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year. Adult children are not eligible to earn Points or Bonus Points for Health Assessment completion.	500
<b>Health Assessment sections</b>	
<input type="radio"/> <b>OR</b> >> Get Active >> Eat Better >> Reduce Stress >> Live Well >> Know Your Health >> Introduce Yourself <i>200 bonus Points when you complete all six sections</i>	50
<b>Bonus Points</b>	
<input type="radio"/> <b>First Step Health Assessment</b>	500 once/lifetime
<input type="radio"/> <b>Fast Start Health Assessment</b>	250
<input type="radio"/> <b>Weekly log*</b>	10 weekly
<input type="radio"/> <b>Sleep diary*</b>	25 weekly (up to 150/program year)
<input type="radio"/> <b>Daily health quiz*</b>	2 daily
<b>Health coaching*</b>	
<input type="radio"/> <b>Enrolling (first time enrollees only)</b>	200 once/lifetime
<input type="radio"/> <b>Three phone interactions</b>	50
<input type="radio"/> <b>Six email interactions or six progress note entries (individually or combined)</b>	50 up to 600/program year
<input type="radio"/> <b>Calculators</b>	75 each (up to 300/program year)
<input type="radio"/> <b>CPR certification</b>	125
<input type="radio"/> <b>First-aid certification</b>	125
<input type="radio"/> <b>Update/confirm contact information</b>	50
<input type="radio"/> <b>Monthly Go365.com, Humana.com or Go365 App sign-in</b>	10 (up to 120/program year)
<input type="radio"/> <b>First time Go365 App sign-in</b>	50 once/lifetime
<input type="radio"/> <b>Accept online statements</b>	50 once/lifetime
Available for Go365 members with Humana medical coverage.	

\*Activities will award Points under Personalized Activities on your Go365 Statement.

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.

## Prevention

Activity	Points
<input type="radio"/> <b>Health screening*</b>	400 per eligible screening
<input type="radio"/> <b>Dental exam</b>	200 per exam (up to 400/program year)
<input type="radio"/> <b>Vision exam</b>	200
<input type="radio"/> <b>Flu shot</b>	200
<input type="radio"/> <b>Nicotine test**</b>	400
<b>Biometric screening completion</b> Adult children are not eligible to earn Points for biometric screening completion.	
<input type="radio"/> <b>Body mass index (BMI)</b>	800
<input type="radio"/> <b>Blood pressure</b>	400
<input type="radio"/> <b>Blood glucose</b>	400
<input type="radio"/> <b>Total cholesterol</b>	400

\*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 Adults 18+

Points listed are per program year unless stated otherwise.



## Healthy living

Activity	Points
<input type="radio"/> <b>Blood donation</b>	50 each (up to 300/ program year)
<input type="radio"/> <b>Nicotine test (in-range results)</b>	400
<b>Biometric screening (in-range results)</b> Adult children are not eligible to earn Points for biometric screening in-range results.	
<input type="radio"/> <b>Body mass index <math>\geq 18.5</math> and <math>&lt; 25</math>, or BMI <math>\geq 25</math> and <math>&lt; 30</math>, with a waist circumference <math>&lt; 40</math>" for males and <math>&lt; 35</math>" for females</b>	800
<input type="radio"/> <b>Blood pressure (systolic and diastolic) <math>&lt; 130/85</math> mm Hg</b>	400
<input type="radio"/> <b>Blood glucose <math>&lt; 100</math> mg/dL or A1c <math>&lt; 6.5\%</math></b>	400
<input type="radio"/> <b>Total cholesterol <math>&lt; 200</math> mg/dL or an HDL <math>\geq 40</math> mg/dL for males and <math>\geq 50</math>/mg/dL for females</b>	400

## Fitness

Activity	Points
<b>Verified workout types:</b>	up to 50/day
<input type="radio"/> <b>Steps*</b>	1 Point per 1,000 steps
<input type="radio"/> <b>Heart Rate (HR)*</b>	5 Points for every 15 minutes above 60% of maximum HR
<input type="radio"/> <b>Calories*</b>	5 Points per 100 calories if burn rate exceeds 200 calories/hour
<input type="radio"/> <b>Participating fitness facility*</b>	10 Points per daily visit
<b>Bonus Points</b>	
<input type="radio"/> <b>Exceeded 50 weekly workout Points</b>	50 only one bonus
<input type="radio"/> <b>Exceeded 100 weekly workout Points</b>	100 awarded per week
<input type="radio"/> <b>First lifetime verified workout</b>	500
<input type="radio"/> <b>First verified workout each new program year</b>	750
<input type="radio"/> <b>Fitness habit**</b>	up to 25/month (up to 300/program year)
<input type="radio"/> <b>Sports leagues</b>	350 Points per league team (up to 1,400/program year)
<b>Challenges**</b>	
Sponsored Challenges are set up by employers or Go365. Member-created Challenges are set up by members.	
<input type="radio"/> <b>Participate in a Member-created Challenge</b>	up to 100/month total for all Challenge-related activities
<input type="radio"/> <b>Participate in a Sponsored Challenge</b>	50
<input type="radio"/> <b>Participate in a Sponsored Challenge</b>	50
<b>Athletic events</b>	
(running, walking, cross-country skiing, cycling, triathlon)	
<input type="radio"/> <b>Level 1</b> (example: 5K)	(up to 3,000/program year)
<input type="radio"/> <b>Level 2</b> (example: 10K)	250
<input type="radio"/> <b>Level 3</b> (example: half-marathon)	350
<input type="radio"/> <b>Level 3</b> (example: half-marathon)	500

\*Calculating daily fitness 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 fitness Points can be awarded.

\*\*Activities will award Points under Personalized Activities on your Go365 Statement.

# Go365 Kids Activities and Points



Your dependents under 18 years old who are part of your Go365 program can earn Points that contribute to your family's Points total and Status. 1,000 maximum Points per program year. Points listed are per program year unless stated otherwise.

## Education

Activity	Points
<b>Kids Health Assessment</b>	
<input type="radio"/> 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. No Points are awarded for Kids Health Assessment completion.	

## Prevention Up to 600 Points per program year per child

Activity	Points
<input type="radio"/> <b>Kids preventive care visits</b>	200
<input type="radio"/> <b>Kids dental exam</b>	100 (up to 200/program year)
<input type="radio"/> <b>Kids vision exam</b>	100
<input type="radio"/> <b>Kids immunizations</b>	100
<input type="radio"/> <b>Kids flu shot</b>	100

## Fitness

Activity	Points
<input type="radio"/> <b>Kids sports league</b>	100 each (up to 200/program year)
<input type="radio"/> <b>Kids athletic events</b>	50 each (up to 200/program year)

Go365 Kids is not available on all Go365 programs.