



A WELLNESS PROGRAM THAT REWARDS 365 DAYS A YEAR



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

What is Go365?

Go365 is a wellness and rewards program created to help you get, and stay, on a healthier path – one small step at a time.



Members earn Points, to achieve higher Status...

Here's the number of Points needed to move up to each Status:



3 ways to get to Bronze*

1. Complete at least one Health Assessment section online or on the Go365 App
2. Get a Biometric Screening
3. Log a verified workout

5,000

One adult per policy

8,000

One adult per policy

10,000

One adult per policy

Awarded for primary Go365 member

Bonus Bucks

Awarded for next Status level achievement

Bonus Bucks

Awarded when you reach your prior year highest Status

Status		
Bronze	0	0
Silver	500 (1,000 Bonus Bucks awarded the first time you reach Silver Status)	1,000
Gold	1,500	3,000
Platinum	5,000	10,000

Members Earn Rewards in the Go365 Mall



MERCHANDISE



GIFT CARDS



CHARITY DONATIONS

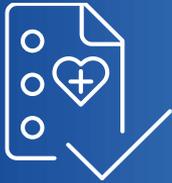


DISCOUNTS



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.

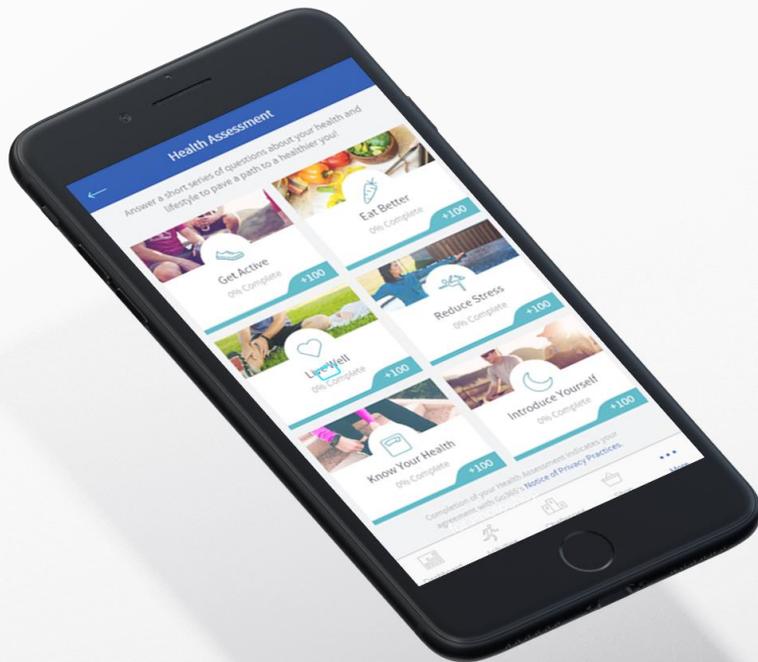
Getting Started with Go365 – A Member's View



Member takes our Go365 online Health Assessment

GOAL: Establish a baseline of health and serves as a benchmark to measure progress

EASE: Can be completed online or with our mobile app in less than 15 minutes



The more information you put into the Health Assessment, the **more personalized your experience.**

Members earn Points for completing each section!

- ✓ Bonus for finishing all 6 sections
- ✓ Points for first-time completion of the Health Assessment
- ✓ Points for completing within the first 90 days

Adult children are not eligible to earn Points or Bucks for Health Assessment completion or bonuses.

Getting Started with Go365 – A Member's View



Member can take a Biometric Screening

GOAL: Provide quantifiable results to objectively evaluate an individual's state of health

EASE: Flexible options at over 5,000 national retail vendors, an onsite Go365 event or through PCP



Body mass index (BMI)

Blood pressure

Total cholesterol

Blood glucose

Getting Started with Go365 – A Member's View



Go365 Recommends Personalized Activities that Will Earn the Member Points

GOAL: Recommend actions to minimize or eliminate health risks specific to the member

EASE: Member's personalized experience contours to their ongoing state of health and goals



Recommended activities are not medical advice. Consult your physician.

- ✓ Recommended activities are **actuarially weighted** based on what will have the biggest impact on the member's health.
- ✓ Members can **earn Points** for completing Recommended Activities in a certain timeframe, and for **completing everyday activities** to help them reach their goal.

EXAMPLE: If your recommended activity is to lose 10 pounds, you'll earn Points for completing everyday activities like:

- Tracking your daily steps
- Taking an online course on healthy eating
- Checking in at your fitness facility

Go365 rewards for everyday healthy activities

Physical activity rewarded at all levels

Workout Type	Point Structure
Steps	1 Point per 1,000 steps
Heart Rate Monitor	5 Points for every 15 minutes above 60% of maximum HR
Calories	5 Points per 100 calories if burn rate exceeds 200 calories per hour
Participating Fitness Facility	10 Points per day

Offer activities in four categories



Education

- Health Assessment
- Online health calculators
- First Aid certification



Prevention

- Mammograms
- Colorectal screening
- Dental and vision exams



Fitness and exercise

- Fitness facility workouts
- Sports League
- Start a fitness habit



Healthy living

- Positive biometric screening
- Passing nicotine test
- Sleep diary

Activities and Points Grid

Activity	Points
<ul style="list-style-type: none"> Health Assessment <p>Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year.</p>	500
<ul style="list-style-type: none"> OR Health Assessment sections >> Get Active >> Eat Better >> Reduce Stress >> Live Well >> Know Your Health >> Introduce Yourself <p>200 bonus Points when you complete all six sections</p>	50
Bonus Points	
<ul style="list-style-type: none"> FirstStepHealthAssessment bonus 	500 once/lifetime
<ul style="list-style-type: none"> Fast Start Health Assessment bonu 	250
<ul style="list-style-type: none"> Calculators 	75 each (up to 300/program year)
<ul style="list-style-type: none"> CPR certification 	125
<ul style="list-style-type: none"> First-aid certification 	125
<ul style="list-style-type: none"> Update/confirm contact Information 	50
<ul style="list-style-type: none"> Monthly Go365.com, Humana.com or Go365 App sign-in 	10 (up to 120/program year)
<ul style="list-style-type: none"> First time Go365 App sign-in 	50 once/lifetime
<ul style="list-style-type: none"> Accept online statements Available for Go365 members with Humana medical coverage only. 	50 once/lifetime

Prevention

Activity	Points
<ul style="list-style-type: none"> Health screening* 	400 per eligible screening
<ul style="list-style-type: none"> Dental exam 	200 per exam (up to 400/program year)
<ul style="list-style-type: none"> Vision exam 	200
<ul style="list-style-type: none"> Flu shot 	200
<ul style="list-style-type: none"> Nicotine test" 	400
Biometric screening completion	
<ul style="list-style-type: none"> Body mass Index (BMI) 	800
<ul style="list-style-type: none"> Blood pressure 	400
<ul style="list-style-type: none"> Blood glucose 	400
<ul style="list-style-type: none"> Total cholesterol 	400

Activity	Points
<ul style="list-style-type: none"> Blood donation 	50 each (up to 300/program year)
<ul style="list-style-type: none"> Nicotine test (in-range results) 	400
<ul style="list-style-type: none"> Virtual well-being coaching ongoing interactions 	10 weekly (up to 520/program year)
<ul style="list-style-type: none"> Weekly log 	10 weekly
<ul style="list-style-type: none"> Sleep diary 	25 weekly (up to 150/program year)
<ul style="list-style-type: none"> Daily health quiz 	2 daily
<ul style="list-style-type: none"> Fitness habit 	up to 25 per month
Biometric screening (in-range results)	
<ul style="list-style-type: none"> Body mass index ≥ 18.5 and < 25, or BMI ≥ 25 and < 30, with a waist circumference $< 40"$ for males and $< 35"$ for females 	800
<ul style="list-style-type: none"> Blood pressure (systolic and diastolic) $< 130/85$ mm Hg 	400
<ul style="list-style-type: none"> Blood glucose < 100 mg/dL or A1c $< 6.5\%$ 	400
<ul style="list-style-type: none"> Total cholesterol < 200 mg/dL or an HDL ≥ 40 mg/dL for males and ≥ 50 mg/dL for females 	400

Fitness

Activity	Points
Daily verified workout types	
<ul style="list-style-type: none"> Steps* 	up to 50/day 1 Point per 1,000 steps
<ul style="list-style-type: none"> Heart Rate (HR)* 	5 Points for every 15 minutes above 60% of maximum HR
<ul style="list-style-type: none"> Calories* 	5 Points per 100 calories if burn rate exceeds 200 calories/hour
<ul style="list-style-type: none"> Participating fitness facility* 	10 per daily visit
Bonus Points	
<ul style="list-style-type: none"> Exceeded 50 weekly workout Points 	50 only one bonus
<ul style="list-style-type: none"> Exceeded 100 weekly workout Points 	100 awarded per week
<ul style="list-style-type: none"> First lifetime verified workout 	500
<ul style="list-style-type: none"> First verified workout each new program year 	750
<ul style="list-style-type: none"> Sports leagues 	350 Points per league team (up to 1,400/program year)
Challenges	
Sponsored Challenges are set up by employers or Go365. Member-created Challenges are set up by members.	
<ul style="list-style-type: none"> Participate in a Member-created Challenge 	50
<ul style="list-style-type: none"> Participate in a Sponsored Challenge 	50
Athletic events 	
(running, walking, cross-country skiing, cycling, triathlon)	
<ul style="list-style-type: none"> Level 1 (example: 5K) 	250
<ul style="list-style-type: none"> Level 2 (example: 10K) 	350
<ul style="list-style-type: none"> Level 3 (example: half-marathon) 	500

Challenges

- Opportunity to compete in various wellness Challenges such as a Step or Weight Loss Challenge
- Easily view progress in Leaderboards on the App or online member portal
- Earn up to 100 Points per month just for participating in the Challenge!*



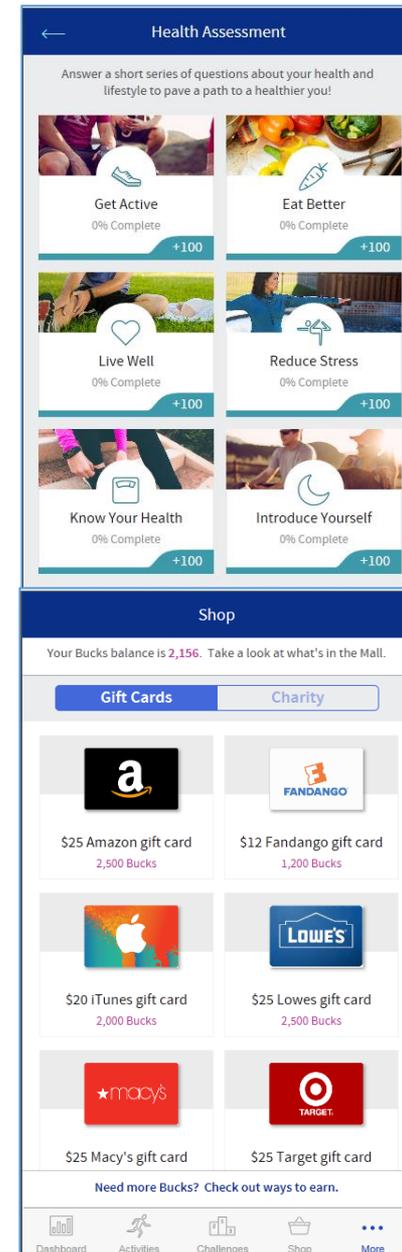
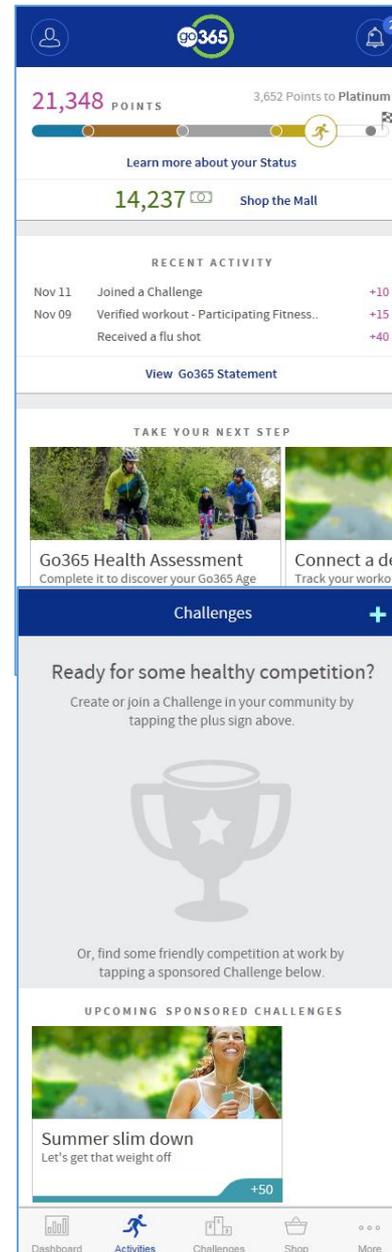
* Members earn 50 Points for joining a Challenge and 50 more Points for joining a Challenge team.



The Go365 App

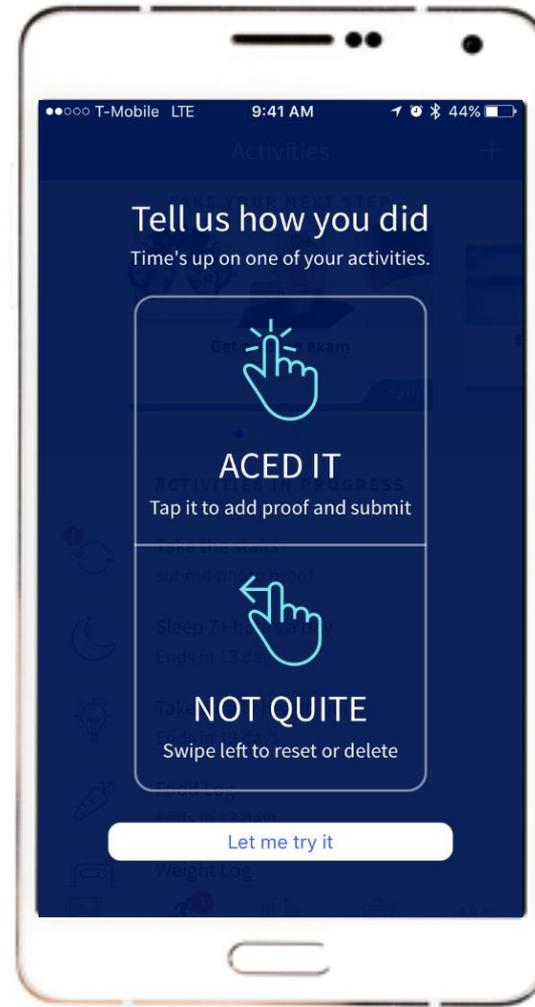
The App allows members to:

- Personalize their profile with photos
- Complete or update their Health Assessment in short, quick sections
- Unlock their Go365 Age
- Challenge themselves and others in private or community Challenges
- Earn Points for Activities such as weight, food and sleep tracking
- Submit proof of eligible Activities for Points
- Connect compatible devices
- Spend Bucks in the Go365 Mall
- And more!

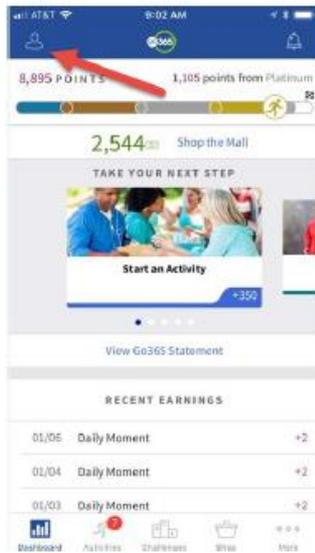


Go365 App-specific Activities

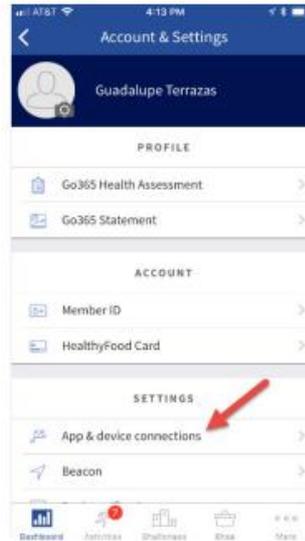
- Fitness Habits
 - Walking breaks
 - Take the stairs
 - Park farther away
 - Stretching
 - Visit a park
 - Walk you dog
- Weekly Log
 - Weight Log*
 - Food Log
- Sleep Diary
- Daily Health Quiz



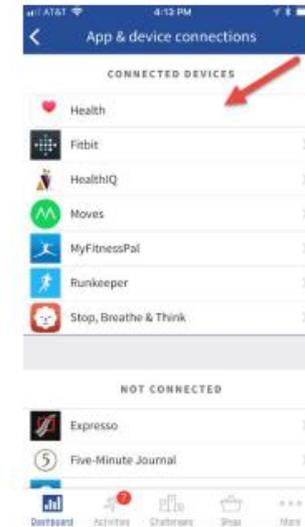
How to Connect a Device on the Go365 App



On your Go365 app dashboard, tap on the **Profile** icon

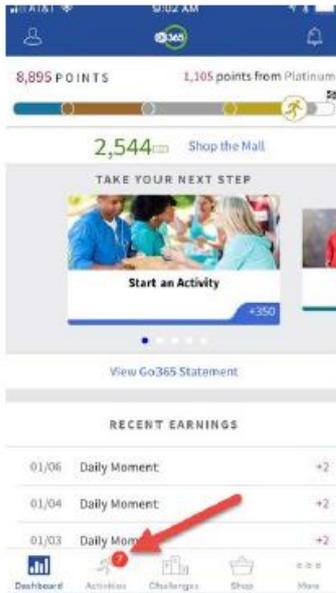


Tap on **App & device connections**

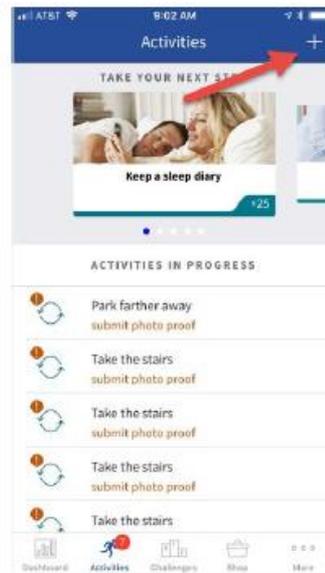


Select the **app or device** you want to connect and follow the prompts

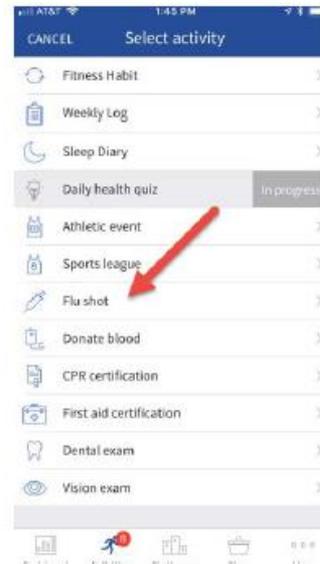
How to submit Activities on the Go365 app



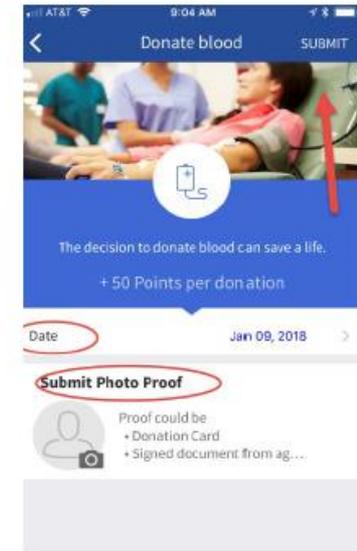
On your Go365 app dashboard, tap on **Activities**



Tap on **+ symbol**



Choose **Activity**



Enter date, attach **photo proof** and submit



Questions?

