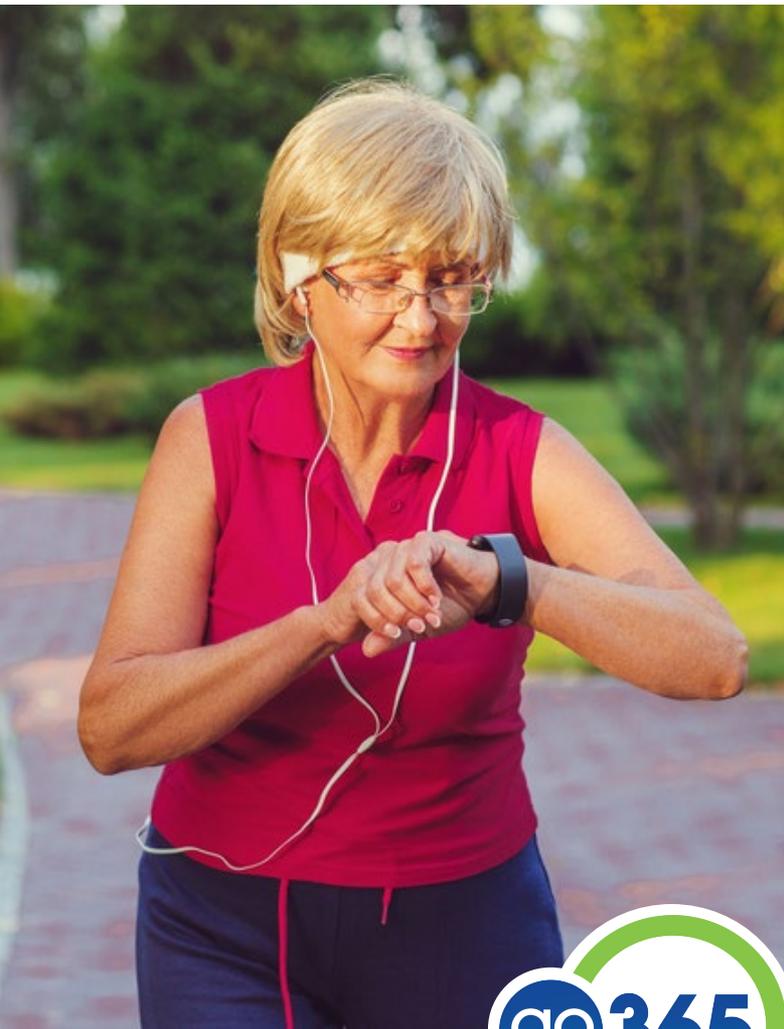


# Go365<sup>®</sup> by Humana



# What is Go365?



Go365<sup>®</sup> by Humana is your wellness program that rewards you for making healthier choices.



**It's easy.** You're already enrolled! Just start participating in eligible activities.



**It's personal.** We'll help you identify your Next Best Step so you know what you should be doing to get or stay on a healthy path.



**It's rewarding.** You'll earn rewards that you can redeem for gift cards in the Go365 Mall.

# How does it work?



1

**Complete eligible  
healthy activities**



2

**Earn rewards**



3

**Redeem for gift  
cards**



## Choose how to participate:



**Prevention**...like an Annual Wellness Exam, preventive screenings and flu shot



**Exercise & Fitness**...like working out at a SilverSneakers location or tracking your steps with an activity tracker



**Social & lifestyle**...like volunteering, taking a dance or nutrition class, or completing a class at a Humana in your community location

# Prevention activities



Activity	Reward Amount	Activity limit
Annual Wellness Exam	\$25*	1 per year
Mammogram	\$30	1 per year
Colorectal screening	\$30	1 per year
Cardiovascular disease screening	\$10	1 per year
Bone density screening	\$20	Once every 2 years
Flu shot	\$10	1 per year

Your reward for these activities will show up automatically in your Go365 account, if billed through your Humana medical plan. This can take up to 90 days. Please note: rewards have no cash value and can only be redeemed for gift cards in the Go365 Mall. Rewards must be earned and redeemed within the same plan year.

\*Reward amounts may vary by plan. Check your Explanation of Benefits to see what your plan offers.

# Exercise & Fitness activities



SilverSneakers® gives you access to exercise equipment, group classes and social events.



Use of 14,000+ fitness locations nationwide



Go outside with SilverSneakers FLEX®—try tai chi, yoga, walking groups and more at local parks and recreation centers, where available



[www.SilverSneakers.com](http://www.SilverSneakers.com) or call **1-888-423-4632 (TTY: 711)**, Monday – Friday, 7 a.m. – 7 p.m., Central Standard time



# Exercise & Fitness activities



Activity	Reward Amount	Activity limit
8 workouts per month  SilverSneakers or connected activity tracker (minimum 500 steps/day)	\$5	Once per month (\$60 annual max)



# Social & Lifestyle activities



Activity	Reward Amount	Activity limit
Attend a Humana in your community class	\$5	4 per year (\$20 annual max)
Athletic event (e.g. 5k walk/run, cycling)*	\$5	
Volunteering*	\$5	
Fitness or lifestyle class* (e.g. yoga, dancing, painting)	\$5	
Go365 Community post (community.medicare.go365)	\$5	
Nutritional seminar or healthy living class*	\$5	

\*To earn your reward for these activities, you will need to submit an activity form showing what activity you've completed. The form can be found when you sign in at [Humana.com](http://Humana.com), then click on Go365. Or you may request paper materials.

# Redeem your rewards



Redeem your rewards for gift cards:

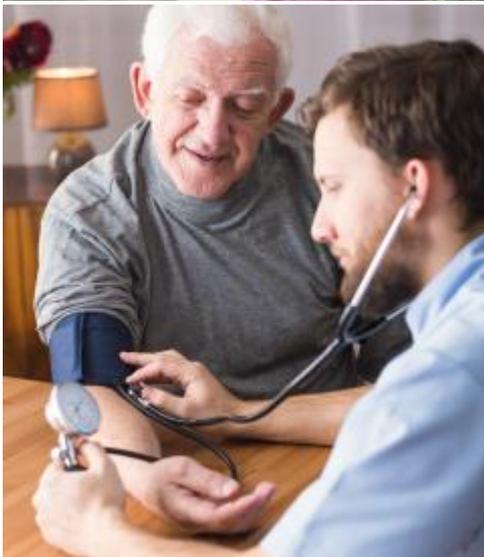
**1) Online:** Sign in at [go365.com/shop](https://go365.com/shop)

- OR -

**2) Phone:** Call [1-866-677-0999](tel:1-866-677-0999)

Members must redeem the reward in the program year it is earned. Any rewards not redeemed by 12/31 will expire.

# Get started now!



The quickest way  
to get started:

## Sign into MyHumana



Then click on Go365 from your  
dashboard.



Or, to request paper materials,  
call the number on the back of  
your HealthSelect Medicare  
Advantage ID card.

# Want more information?



[Humana.com/ersmedicareadvantage](https://www.humana.com/ersmedicareadvantage)



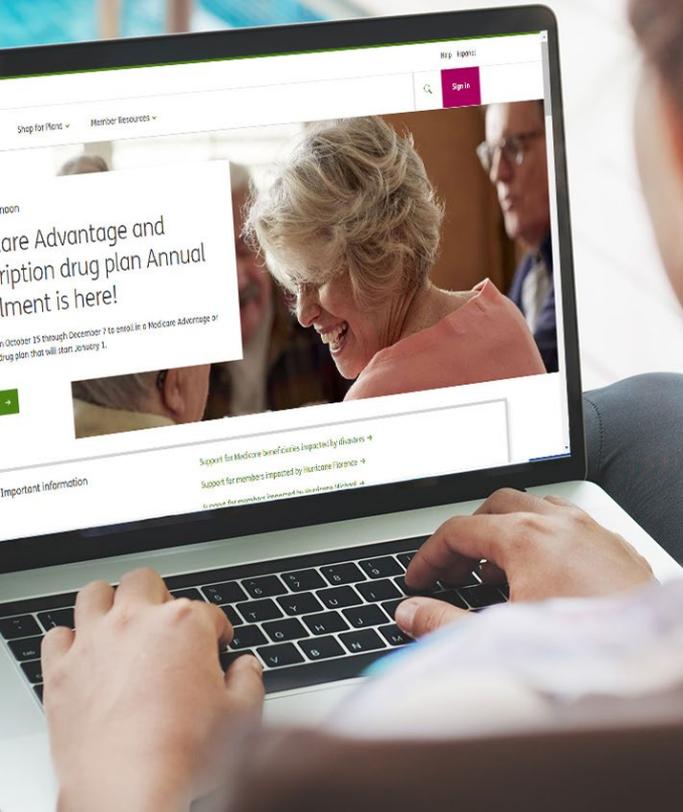
Refer to your welcome kit received in the mail at the beginning of the year



Call the number on the back of your HealthSelect Medicare Advantage ID card to speak with a customer service associate



Join the Medicare self-service community:  
[Community.medicare.go365.com](https://www.humana.com/community/medicare-go365)



Humana is a Medicare Advantage HMO, PPO, and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

Rewards have no cash value and must be earned and redeemed within the same program year. Any rewards not redeemed by December 31st will expire.

In accordance with the federal requirements of the Centers for Medicare and Medicaid Services, no amounts on the gift cards shall be used to purchase covered medical supplies or prescription drugs nor are they redeemable for cash.

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.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. Discrimination is against the law.

Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618 If you need help filing a grievance, call **1-877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019**, **800-537-7697 (TDD)**.

Complaint forms are available at **<https://www.hhs.gov/ocr/office/file/index.html>**.

**Auxiliary aids and services, free of charge, are available to you.**

**1-877-320-1235 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.