

# GETTING TO SILVER STATUS

You're off to a great start. Now it's time to earn Points so you can move up to Silver Status. Earn Points in Go365® by completing activities online or using the Go365 App.

## Here are all the ways you can earn Points in Go365:

- **Activities** – Things you can do every day to get healthier
- **Recommended activities** – Created just for you based on your Health Assessment responses
- **Go365 Kids** – Points for activities that are good for kids' health
- **Challenges** – Compete against friends and co-workers

While you can choose any qualified activity, here are popular activities you may complete to reach Silver Status in the first 12 weeks of your Go365 program year.

## Individual (5,000 Points)

Activity	Point Value
Health Assessment (all sections)	500
Bonus – Health Assessment 90-day completion (all sections)	250
Bonus – First step Health Assessment (once per lifetime) (all sections)	500
Biometric screening completion	2,000
In healthy range biometric screening results:	
Blood pressure	400
Blood glucose	400
Dental exam	200
Flu shot	200
Daily fitness Points (over 12 weeks):	
Two fitness facility workouts per week (10 Points x 24 workouts)	240
Complete an organized 5K walk or run	250
Calculators (x1)	75
<b>Total Points</b>	<b>5,015</b>



**Bonus Bucks!** Earn 500 Bonus Bucks when you reach Silver Status. Earn 1,000 Double Bonus Bucks when you reach Silver Status for the first time or if your prior year highest Status was Silver.



INDIVIDUAL



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Give the whole family a boost! Get to Silver Status together by earning Points through activities, Challenges and even Go365 Kids.

## Family; 2 adults + child (8,000 Points)

5,000 Points for primary Go365 member + 3,000 Points for additional adult family member

Activity	Point Value
Health Assessment (2 adults; 500 Points x 2)	1,000
Bonus – Health Assessment 90-day bonus (2 adults; 250 Points x 2)	500
Bonus – First step Health Assessment (2 adults; 500 Points x 2)	1,000
Biometric screening completion (2 adults; 2,000 Points x 2)	4,000
In healthy range biometric screening results (1 adult):	
BMI	800
Calculators ( 1 adult; 75 Points x 4)	300
Blood donation (1 adult; 50 Points x 2)	100
Sports league participation (1 adult)	350
Monthly <b>Go365.com</b> visit (1 adult; 10 Points x 12 months)	120
Daily fitness Points (1 adult; over 12 weeks):	
8,000 steps per day achieved 5 days per week ( 8 Points x 60 days)	480
First lifetime verified workout (1 adult)	500
First verified workout of the new program year (1 adult)	750
Kids sports league (100 Points x 2)	200
Kids preventive care visit	200
Kids dental exam	100
<b>Total Points</b>	<b>8,400</b>

Adult children are not eligible to earn Points or Bucks for Health Assessment, biometric screening completion or for having in healthy range results.



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We'll award your adult family members, too! Each adult family member will receive 250 Bonus Bucks for reaching Silver Status. Adult family members will earn 500 Double Bonus Bucks when you reach Silver Status for the first time or if your prior year highest Status was Silver. That's a lot of buying power!

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. Contact Go365's Customer Care team by signing in to **Go365.com** and using the secure live chat feature on the bottom right of the screen or by calling the number on the back of your member ID card, and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.



## Discrimination is against the law

Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

**Humana Inc. and its subsidiaries** provide:

- 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.
- Free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call the number on your ID card or if you use a **TTY**, call **711**. If you believe that **Humana Inc. and its subsidiaries** have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

Discrimination Grievances

P.O. Box 14618

Lexington, KY 40512 - 4618

If you need help filing a grievance, call the number on your ID card 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, D.C. 20201

**1-800-368-1019, 1-800-537-7697 (TDD)**

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

### Multi-Language Interpreter Services

**English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call the number on your ID card.

**Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación.

**繁體中文 (Chinese):** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電會員卡上的電話號碼。

**Tiếng Việt (Vietnamese):** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số điện thoại ghi trên thẻ ID của quý vị.

**한국어 (Korean):** 주의 : 한국어를 사용하시는 경우 , 언어 지원 서비스를 무료로 이용하실 수 있습니다 .

ID 카드에 적혀 있는 번호로 전화해 주십시오 .

**Tagalog (Tagalog – Filipino):** PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero na nasa iyong ID card.

**Русский (Russian):** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Наберите номер, указанный на вашей карточке-удостоверении.

**Kreyòl Ayisyen (French Creole):** ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki sou kat idantite manm ou.

**Français (French):** ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro figurant sur votre carte de membre.

**Polski (Polish):** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Proszę zadzwonić pod numer podany na karcie identyfikacyjnej.

**Português (Portuguese):** ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número presente em seu cartão de identificação.

**Italiano (Italian):** ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero che appare sulla tessera identificativa.

**Deutsch (German):** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Wählen Sie die Nummer, die sich auf Ihrer Versicherungskarte befindet.

**日本語 (Japanese):** 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。お手持ちの ID カードに記載されている電話番号までご連絡ください。

**فارسی (Farsi):**

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با شماره تلفن روی کارت شناسایی تان تماس بگیرید.

**Diné Bizaad (Navajo):** Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jjik'eh, éí ná hóló, námboo ninaaltsoos yézhí, bee nées ho'dólzin bikáá'ígíí bee hólne'.

**العربية (Arabic):**

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم الهاتف الموجود على بطاقة الهوية الخاصة بك.