



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. Points listed are per program year unless stated otherwise. **1,000 maximum Points per program year.**

Activity	Points
Education	
Kids Health Assessment	
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 500 Points per program year per child)	
Kids preventive care visit	200
Kids dental exam	100 (up to 200/program year)
Kids vision exam	100
Kids immunizations	100
Kids flu shot	100
Fitness	
Kids sports league	100 each (up to 200/program year)
Kids athletic events	50 each (up to 200/program year)

Children may earn up to 200 Points per program year for participating in an employer-sponsored event. Go365 Kids not available on all Go365 programs.

Learn more about Go365 at www.livingwell.ky.gov

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

This document is intended to provide a high-level overview of your Points earning potential. For additional details regarding eligible activities and how to earn and redeem Points, please sign in to Go365 at www.livingwell.ky.gov.

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 Go365 at www.livingwell.ky.gov 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.

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 and make getting healthier and earning Points a family affair. They'll earn Points for doing healthy things they already enjoy, like playing on a soccer team, as well as for getting checkups and shots.

Earn more when you do more

The more Go365 Activities you complete, the more Points you earn — and the higher your Status. When you have other members of your household enrolled in Go365, their healthy activities can count toward Points, too.

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



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

Activities and Points - Adults 18+

Points listed are per program year unless stated otherwise.



Education

Activity	Points
Health Assessment	
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
Health Assessment sections	
OR >> Get Active >> Eat Better >> Reduce Stress >> Be Well >> Stay Healthy >> Know Me	50
<i>200 Bonus Points when you complete all six sections</i>	
Bonus Points	
First Step Health Assessment	500 once/lifetime
90-Day Health Assessment	250
Weekly log*	10 weekly
Sleep diary*	25 weekly
Daily health quiz*	2 daily
Health Coaching*	
Enrolling (first time enrollees only)	200 once/lifetime
Three phone interactions or three online chats (individually or combined)	50 up to 600/per program year
Six email interactions or six progress note entries (individually or combined)	
Calculators	75 each (up to 300/program year)
CPR certification	125
First-aid certification	125
Update/confirm contact Information	50
Monthly Go365.com visit or Go365 App sign-in	10 (up to 120/program year)
First time Go365 App sign-in	50 once/lifetime
Accept online statements	50 once/lifetime
Not available to all Go365 members	

WEB AND APP | APP ONLY | WEB ONLY

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

Maximum Points for Health Assessment completion per program year is 500. 90-day bonus awarded for full Health Assessment completion within the first 90 days of your program year.

Prevention

Activity	Points
Health screening*	400 per screening (up to 400/program year)
Dental exam	200 per exam (up to 400/program year)
Vision exam	200
Flu shot	200
Nicotine test	400
Biometric screening completion	
Body mass index (BMI)	800
Blood pressure	400
Blood glucose	400
Total cholesterol	400
Adult children are not eligible to earn Points for biometric screening completion.	
*Subject to certain requirements and will appear on your Go365 Statement if they are applicable to you.	

Healthy living

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

Fitness

Activity	Points
Verified workout types:	
participating fitness facility, steps, calories, heart rate (HR)	
Steps*	1 Point per 1,000 steps
Heart Rate (HR)*	5 Points for every 15 minutes above 60% of maximum HR
Calories*	5 Points per 100 calories if burn rate exceeds 200 calories/hour
Participating fitness facility*	10 per daily visit
Bonus Points	
Exceeded 50 weekly workout Points	50/week Only one bonus awarded per week
Exceeded 100 weekly workout Points	100/week
First lifetime verified workout	500
First verified workout each new program year	750
Fitness Habit**	up to 25/month
Sports leagues	350 Points per league team (Up to 1,400/program year)
Challenges**	
Sponsored Challenges are set up by employers. Community Challenges are set up by members.	
Create a Challenge – community	50
Join a Challenge – community	50
Create a team – sponsored	50
Join a team – sponsored	50
Athletic events	(Up to 3,000/program year)
(running, walking, cross-country skiing, cycling, triathlon)	
Level 1 (example: 5K)	250
Level 2 (example: 10K)	350
Level 3 (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. Points for device workouts are awarded in Eastern Standard Time (EST).

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

Discrimination is against the law

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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 jiik'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.

