



INTRODUCTION TO HUMANA'S GO365 PROGRAM

Humana's GO365 wellness program has been in place for several years on all Humana group plans and is becoming highly utilized by many employees who want a great opportunity to build a healthier lifestyle and save on health insurance premiums.

GO365 is a rewards program for the Employees and the Employer.

With rising health care costs, carriers and employers are looking for ways to have a positive impact on employees by having them participate in this wellness program.

Employers earn premium discounts for their employees' participation in the program, and employees that contribute to the cost of their premium save money as well. All employees engaged in GO365 that reach at least Silver status get a 7% discount on their premiums. Gold status results in a 15% discount on premiums, and neither Silver nor Gold status are difficult to reach. Employees also earn points to use in the GO365 on-line mall with rewards such as apparel, fitness equipment, hotel discounts, and more.

Here are the steps to follow in order to get engaged in GO365:

- 1) Go to www.humana.com and REGISTER to get a Username and Password. The employee will then see a Humana Medical Page that shows their plan information.
- 2) Select the "GO365" tab at the top of the humana.com homepage. This takes the employee to www.go365.com.
- 3) At the top of the page, click on "Health Assessment". This assessment takes 15-20 minutes and by taking the assessment, the employee immediately earns GO365 points.
 - a. This is free of charge (covered under preventive at 100%). The employee needs to take a voucher with them (from the GO365 website) in order to get this done (making sure they print the voucher for the location they are going to, otherwise they will be turned away).
 - b. Employees need to fast 8-12 hours before getting their biometric screening, so it's best if they make an appointment in advance and go early in the morning.
 - c. The clinic or physician's office should submit the results of the screening directly to GO365; however, we recommend the employee ask for a printout of the results and submit them to Humana. This will ensure the results are received by Humana and get in the Humana system in a timely manner. On the GO365 website, go to the secure message center. Scan and email the screening results as an attachment, or fax to 1-877-250-7814.
- 4) After completing the Health Assessment and Biometric Screening, log into the GO365 website and find the ACTIVITIES section. Here employees can find other ways to participate and earn points. They can also access Recommended Activities, which are personalized based on the employee's Health Assessment and biometric information.
- 5) Earn points for positive biometric screening results, for workouts (even use a Fitbit or other fitness apparatus that is connected to the employee's GO365 account), for dental exams, flu shots, etc.
- 6) All of the points that you earn can be used in the online Mall.

SEE HOW EASY IT IS TO EARN GO365 POINTS BY WATCHING THE FOLLOWING VIDEO:

<https://www.youtube.com/watch?v=paql6KNQNZY>

You can also visit the [GO365 page on our website](#) and download the detailed documents at the bottom of the page for more information.