

# H We all want to be healthy, but sometimes we need a little extra push. That's where Go365 by Humana comes in.

It's a robust wellness program that rewards members for making healthy choices. And it's included with all of our Medicare Advantage plans\* — at no extra cost.<sup>1</sup> Go365 is a benefit your members can enjoy every single day.

## GET HEALTHY: Preventive Screenings

Annual Wellness Exam <sup>1</sup>	\$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	Over every 2 years
Flu Shot	\$10	1 per year

## GET INVOLVED: Social and Lifestyle Activities

Attend a "Humana In Your Community" Class	\$5	
Athletic Event <sup>2</sup> (e.g. 5k walk/run, cycling)	\$5	4 per year
Volunteering <sup>2</sup>	\$5	(\$20 annual maximum)
Fitness or Lifestyle Class <sup>2</sup> (e.g. yoga, dancing, painting)	\$5	

If you host an event with your members, they can also be rewarded through Go365 through the social/lifestyle activity form. Win/win for everyone!

## GET ACTIVE: Exercise and Fitness

8 workouts per month – SilverSneakers® or connected activity tracker (minimum of 500 steps/day)	\$5	Once per month (\$60 annual maximum)
---	-----	--------------------------------------



\*Except CarePlus and in Puerto Rico.

## Have questions or want additional details?

Check out the Go365 Agent Toolkit and Go365 collateral on MarketPoint University (accessible via Vantage). There is also a Go365 hub on MarketPOINT University where you can find videos, PDFs and Agent/member collateral.

Also available: Print-ready Go365 member brochures (English and Spanish versions) and the Go365 Mall Catalog.

# Humana®

---

<sup>1</sup> <https://www.humana.com/manage-your-health/achieving-health-goals/go-365>

<sup>2</sup> Go365<sup>®</sup> Agent Presentation

<sup>3</sup> <https://www.humana.com/manage-your-health/achieving-health-goals/go-365>

<sup>4</sup> <https://www.humana.com/manage-your-health/achieving-health-goals/go-365>