

What Go365 by Humana can do for you



Included on most Humana Medicare Advantage and dual-eligible (DSNP) plans, Go365 by Humana® is a healthy-living and learning program that rewards you for healthy behaviors.

Use Go365 to:

Unlock access to health and wellness tips

Enjoy clean eating, sleep, stress management, and other health tips from the Wellness Library.

Stay active with workout courses

The Exercise & Movement Library* has a wide range of workout classes for people of all fitness levels. Pick the course duration and workout type, and start exercising from the comfort of your own home.

Earn rewards

Complete eligible activities such as workouts and certain preventive screenings to earn rewards that can be redeemed for e-gift cards.**

Practice healthy, live healthy

With an endless supply of resources, it's easier to get into a healthy routine.



To get started, sign in at [Humana.com](https://www.humana.com) using your MyHumana username and password, click on Go365 from your dashboard and you're ready to go.

If you are unable to participate online, call the Go365 automated line at **888-225-4674 (TTY: 711) Monday - Friday, 7 a.m. - 8 p.m. Central Time** to request Go365 materials by mail. To redeem rewards and get current rewards balance, call **866-677-0999 (TTY: 711) 24 hours a day, 7 days a week**. To speak to a Go365 representative, call the number on the back of your Humana ID card.

* The Exercise & Movement Library is only available to Humana members with SilverSneakers® on their plan.

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

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns.

Consult your doctor before beginning any new diet or exercise regimen.

Important

At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618, **877-320-1235 (TTY: 711)**.

Auxiliary aids and services, free of charge, are available to you. 877-320-1235 (TTY: 711)

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, not 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.

This information is available for free in other languages. Please call our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m. Eastern time.

Español (Spanish): Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711)**. Horas de operación: 8 a.m. a 8 p.m. hora del este.

繁體中文 (Chinese): 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：7111)**。辦公時間：東部時間上午 8 時至晚上 8 時。