GETTING TO **SILVER STATUS**

INDIVIDUAL

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 Heath 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
Total Points	**5,015**

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.

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

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GETTING TO **SILVER STATUS**

FAMILY

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 **Go365.com** 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**
Total Points	**8,400**

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

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.

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. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your health care practitioner) to develop another way to qualify for the reward.
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