

COMPATIBLE FITNESS DEVICES



GET REWARDED

by connecting
your fitness
device to Go365[®]



EARN POINTS USING DEVICES FROM THESE MANUFACTURERS

Points awarded for verified workouts available on Go365.com and Go365 App				Points awarded for Go365 App-only activities						
Activity tracker	Steps	Calories	Heart rate	Food	Weight*	Sleep	Health quiz	Mindfulness	Blood pressure**†	Glucose**†
Humana Gear pedometers	✓									
Fitbit	✓					✓				
UP by Jawbone	✓					✓				
Polar		✓	✓							
Garmin	✓	✓	✓			✓				
Nokia Health	✓	✓							✓	
Misfit	✓									
iHealth	✓								✓	✓
Qardio					✓				✓	
Expresso		✓	✓							
Mobile apps	Steps	Calories	Heart rate	Food	Weight*	Sleep	Health quiz	Mindfulness	Blood pressure**†	Glucose**†
Apple Health	✓				✓	✓				
Samsung Health	✓			✓	✓	✓				
Runkeeper		✓								
Strava		✓								
Moves	✓									
Life Fitness		✓								
RunDouble C25K		✓								
MyFitnessPal				✓	✓					
Health IQ							✓			
Stop, Breathe & Think								✓		
Five Minute Journal								✓		

*Adult children are not eligible to earn Points or Bucks for these activities.

†This activity only displays if members have a recommended activity related to it within their **Go365.com** account.

See Compatible Fitness Devices section for specific devices that work within the Go365 experience.

Note: Apple Watch and Samsung Gear devices are compatible with mobile apps. Third-party devices connected through Apple Health and Samsung Health will not sync to Go365. To ensure the proper data transfers from Apple Health, please be sure to sign in to the Go365 App after your daily activity.

Devices may be added or removed without warning. This grid is updated periodically to reflect changes. For the most up-to-date list, refer to **Go365.com** or the Go365 App.

COMPATIBLE FITNESS DEVICES

Activity tracker manufacturer	Device			
Humana Gear	g1.0 Pedometer g2.0 Pedometer			
Fitbit	Fitbit Classic Fitbit Ultra Fitbit One Fitbit Zip	Fitbit Flex Fitbit Force Fitbit Surge Fitbit Charge	Fitbit Charge HR Fitbit Charge 2 Fitbit Alta Fitbit Blaze	Fitbit Flex 2 Fitbit Alta HR
Garmin	<p>Running: All Garmin Forerunner devices are compatible with Go365</p> <p>Biking: All Garmin Edge devices are compatible with Go365</p> <p>Outdoors: All Garmin Fenix devices are compatible with Go365</p> <p>Vivos: All Garmin Vivo devices are compatible with Go365</p>			
iHealth	Edge			
Jawbone	Jawbone UP Jawbone UP24	Jawbone UP2 Jawbone UP3	Jawbone UP4 Jawbone UP Move	
Misfit	Shine Shine 2 Speedo Shine	Flash	Ray	Phase
Polar	All Polar devices are compatible with Go365			
Nokia Health	Pulse Activité	Activité Pop Go	Steel HR	

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Notice: People who have a pacemaker or other electronic medical device use a heart rate monitor at their own risk. It is strongly recommended that people with a pacemaker or other electronic medical device consult with their doctor before beginning an exercise regimen and using a heart rate monitor. A doctor may suggest an exercise test under his or her supervision to determine the appropriate intensity level for exercise and to ensure the simultaneous use of the medical device and heart rate monitor is safe for you.

HOW TO CONNECT compatible fitness devices to Go365



How to connect online

1. Sign in to **Go365.com**
2. Click the “Quick Links” button or fitness device icon in the upper right of the main dashboard
3. Click the “Connect and manage devices” button
4. Click the “Connect” button under the device logo of your activity tracker you want to use and follow the prompts given



How to connect in the Go365 App

1. Sign in to the Go365 App
 - a. Android Users: Tap the “Menu” icon on the dashboard > Tap “Account & Settings”
 - b. iOS Users: Tap the “More Menu” icon > Tap “Account Settings” or the “Profile” icon on the dashboard
2. Tap “App and device connections”
3. Select the activity tracker to which you want to connect and follow the prompts



Tips once connected

- Make sure your activity uploads to the activity tracker manufacturer’s account (for example, Garmin or Fitbit). **If your activity isn’t there, then Go365 can’t pull any data over to award you!**
- Upload device activity at least once a week so you don’t miss out on daily Points.
- Sign in to the Go365 App at least once a week when using app-based trackers like Apple Health or Samsung Health to ensure your activity awards.

Note: You don’t need to connect a compatible device to earn workout Points if you visit a participating fitness facility. Just ensure your fitness facility membership is connected to Go365: Sign in to **Go365.com** > click “Quick Links” button > click “Participating fitness facilities” button > search by ZIP code > click “Earn Points at this facility” for instructions.



HOW POINTS ARE AWARDED

Verified workouts	
Steps	Earn 1 Point per 1,000 steps.
Calories	Earn 5 Points per 100 calories if burn rate exceeds 200 calories/hour. (For app-based trackers, the GPS feature of the phone needs to be active, and the workout should take place outdoors or in an area with GPS signal reception.)
Heart rate	Earn 5 Points for every 15 minutes you spend above 60% of your maximum heart rate. Your maximum heart rate is calculated by subtracting your age from 220.
Participating fitness facility	Earn up to 10 Points per day when you check in at a fitness facility linked to Go365.
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 24-hour period from 12:00 a.m. – 11:59 p.m. Week is defined as Sunday–Saturday. Go365 members may earn a maximum of 50 daily fitness Points.
Bonus Points	
Weekly workout	Earn 50 bonus Points when you earn more than 50 workout Points in a week. Earn 50 additional bonus Points when you earn more than 100 workout Points in a week.
First verified lifetime workout	Earn 500 Points once in your lifetime when you complete your first workout ever in Go365.
First verified workout each new program year	Earn 750 Points when you complete your first workout in the Go365 program year.
Go365 App-only activities	
Food	Log daily food consumption to earn 10 Points per week (weekly log activity).
Weight*	Log your weight to earn 10 Points per week (weekly log activity).
Sleep	Sleep seven or more hours per day for five days in a calendar week (Sunday–Saturday) to earn 25 Points per week, up to 150 Points per program year.
Daily health quiz	Complete a quiz using Health IQ to earn 2 Points per day.
Mindfulness	Log three or more full meditations in the Stop, Breathe & Think app or three or more full journal entries in the Five Minute Journal app to earn 10 Points per week (weekly log activity).
Blood pressure*[†]	Record your blood pressure to earn 10 Points per week (weekly log activity).
Glucose*[†]	Record your blood glucose to earn 10 Points per week (weekly log activity).

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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 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.

Discrimination is against the law

Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

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, námbuu ninaaltsoos yézhí, bee nées ho'dółzin 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.