Only for Humana members

How to earn rewards with Go365 by Humana in 2026

It's part of your Humana Medicare Advantage plan

Taking care of your health can be rewarding

Go365 by Humana® makes wellness fun and easy. We can help you reach your physical and emotional health goals. Track your activity and redeem rewards:

- By going online at **Go365.com**
- By filling out and mailing in paper forms

Earn rewards you can redeem for gift cards

More healthy activities = more gift cards for you

Complete eligible healthy activities like walking or getting your Annual Wellness Visit to earn rewards to redeem for gift cards. Once you've earned at least $10 in rewards, choose your gift cards in the Go365 Mall.

Activate your Go365 Profile

Now it's time to get going with Go365

If you have a MyHumana account, you can use the same information to log in to Go365.com. If not, activate your profile at MyHumana.com. Once you log in to Go365, you'll see eligible activities you can complete to earn rewards, and details on how to track your actions.

Track your exercise the easy way

Earn $5 in rewards a month for completing **12 or more workouts**. Here is how to track and earn:

1. **Attend a participating SilverSneakers® Fitness class** to earn rewards automatically if your plan includes SilverSneakers. Your rewards may take up to 45 days to show up in your Go365 account.
2. **Log your workouts online** in your Go365 account or use a paper workout tracker to record your exercise. Eligible activities include yoga, dance, gardening, cycling, pickleball, strength training and more. Submit your workout within **90 days** of completion.
3. **Connect a compatible activity tracker to Go365** to earn rewards automatically when you take at least 5,000 steps a day.

Go365 is compatible with activity trackers from a variety of manufacturers like Fitbit and Garmin. For a full list, sign in to your Go365 account.

Earn $5 in rewards monthly when you track your eligible workouts in any of the three ways listed above.

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Activity	Go365 rewards	Activity limit
GET HEALTHY: Preventive screenings		
Annual Wellness Visit	$25 in rewards	1 per year
Bone density screening	$20 in rewards	1 per year
Colonoscopy	$55 in rewards	1 per year
Flu shot	$5 in rewards	1 per year
Mammogram	$30 in rewards	1 per year
Medication usage survey	$10 in rewards	1 per year
For members with diabetes: complete all 4 screenings to be rewarded – HbA1c, diabetic eye exam, kidney urine test, kidney blood test	$40 in rewards	1 per year
Your reward will show up automatically in your Go365 account if billed through your Humana medical or pharmacy plan. This can take up to 90 days.		
GET INVOLVED: Connect and learn		
Attend a health education or art class, participate in an athletic event, social club, or religious gathering or event.	$5 in rewards	90 days to submit activity ($10 annual maximum)
Staying connected socially is important to your overall health and well-being. Social and cognitive activities may help contribute to better long-term mental health, and may help ward off dementia and depression.[1,2]		
GET ACTIVE: Exercise and fitness		
12 or more workouts a month.	$5 in rewards	$5 per month 90 days to submit activity ($60 annual maximum)
The Centers for Disease Control and Prevention recommends 150 minutes of activity a week to help manage or prevent health problems and maintain independence.[3]		

*One event per calendar month.

Sources:

1. "Cognitive Health and Older Adults" NIA National Institute on Aging, NIH National Institutes of Health, World Health Organization, last accessed October 11, 2024, https://www.nia.nih.gov/health/brain-health/cognitive-health-and-older-adults
2. "Health Effects of Social Isolation and Loneliness" Centers for Disease Control and Prevention (CDC), last accessed October 11, 2024, https://www.cdc.gov/social-connectedness/risk-factors/index.html
3. "Older Adult Activity: An Overview" Centers for Disease Control and Prevention (CDC), last accessed October 11, 2024, https://www.cdc.gov/physical-activity-basics/guidelines/older-adults.html

Reward amounts shown represent the value of the reward, not actual dollars. Rewards have no cash value and must be earned and redeemed within the same program year. Any rewards not redeemed by December 31 will expire. Gift cards and denominations are subject to change at any time without notice.