

## Humana Medicare Advantage offers Go365

### A personalized wellness and Rewards program

To register for Go365, go to <https://www.humana.com/go365/>. TRS Retirees enrolled in Humana Medicare Advantage are issued a card with a member I.D. You will be asked for your member I.D. number or your social security number, along with your date of birth and zip code.

At the beginning, you will complete a Health Assessment survey consisting of a short series of questions that reveal your Go365 Age—a measure of whether your body is living younger or older than your actual age and you will unlock activities recommended just for you. You will earn 500 bucks from this activity. Bucks have no cash value and can only be spent in the Go365 Mall.

Earn awesome rewards bucks for prevention activities such as shots for flu, Shingles, and pneumonia. Also, listed are mammograms, colonoscopies, bone density tests, vision and dental exams. These activities are verified by your physicians. Also earn bucks, not money for walking, which can be verified by an app.

**SilverSneakers® Fitness**-Staying in shape and feeling good are important at any age. That's why most Humana's Medicare plans include the SilverSneakers Fitness program - at no extra cost\*. Humana purchases a local membership from a participating fitness center (gym) to get you into shape. You swipe your gym card as proof of your attendance and it is reported to Go365.

As you complete healthy activities and get more engaged, you can rack up the rewards<sup>3</sup>. The more you earn, the more options you have in the Go365 Mall!

For options outside the traditional fitness location, try SilverSneakers FLEX™ with classes including tai chi, yoga, and walking groups offered at local parks and recreation centers.

**Use the Humana Medicare member Provider Service telephone number on the back of your Humana card to call 1800-320-9566 and ask to be transferred to Go365.** <https://www.humana.com/go365/>

**SilverSneakers**-Call 1-888-423-4632 (TTY:711), Monday through Friday, 8 am to 8 pm. <https://www.humana.com/medicare-support/benefits/health-programs/silversneakers> or to register go to [www.silversneakers.com](http://www.silversneakers.com)

\*Go 365 offers more than what is listed on this page, explore the many possibilities.