COMPATIBLE FITNESS DEVICES

GET REWARDED

by connecting your fitness device to Go365™

go365™

GCHJM4UEN 1116

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	Blood pressure	Glucose
Humana Gear pedometers	✓								
Fitbit	✓					✓			
UP by Jawbone	✓					✓			
Fitbug	✓								
Polar		✓	✓						
Garmin	✓	✓	✓			✓			
Withings	✓	✓						✓	
Misfit	✓								
iHealth	✓							✓	✓
Qardio					✓			✓	
Mobile apps:	Steps	Calories	Heart rate	Food	Weight	Sleep	Health quiz	Blood pressure	Glucose
Apple Health*	✓				✓	✓			
Samsung Health	✓			✓	✓	✓			
Runkeeper		✓							
Strava		✓							
Moves	✓								
Life Fitness		✓							
Expresso		✓	✓						
RunDouble C25K		✓							
MyFitnessPal				✓	✓				
Health IQ							✓		

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

Note: Apple Watch and Sumsung 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.

COMPATIBLE finess 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
Fitbug	Fitbug Air	Fitbug Go	Fitbug Orb	
Garmin	Running: All Garmin Forerunner devices are compatible with Go365			
	Biking: All Garmin Edge devices are compatible with Go365	Outdoors: All Garmin Fenix devices are compatible with Go365	Vivos: All Garmin Vivo devices are compatible with Go365	
iHealth	Edge			
Jawbone	Jawbone UP Jawbone UP24	Jawbone UP2 Jawbone UP3	Jawbone UP4 Jawbone UP Move	
Misfit	Shine Shine 2 Speedo Shine	Flash	Ray	
Polar	H7 w/Polar Beats app Polar Accurex Plus Polar AXN500 Polar AXN700 Polar Coach Polar CS400 Polar CS500 Polar CS600 Polar CS600X	Polar E600 Polar FT7 Polar FT40 Polar FT60 Polar FT80 Polar RCX5 Polar RS300X Polar RS400 Polar RS800	Polar RS800X Polar S610 and S610i Polar S625X Polar S710 and S710i Polar 720i Polar S725 and S725X Polar S810 and S810i Polar Sport Tester Polar Vantage NV	Polar Vantage XL Polar XTrainer Plus Polar M400 Polar M450 Polar V800 Polar V650 Polar A300 Polar A360
Withings	Pulse Activité	Activité Pop Go	Steel HR	

How Points are awarded

go365™

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. (Notice for persons with pacemakers or other electronic medical devices: Persons who have a pacemaker or other electronic medical device use a heart rate monitor at their own risk. It is strongly recommended that persons 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.)

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 on 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 HealthIQ to earn 2 Points per day.
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).

Only one verified workout is awarded per 24-hour period from 12 a.m. – 11:59 p.m. All Points from device workouts are awarded in Eastern Standard Time (EST).
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.

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

Discrimination is Against the Law

Humana, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Humana, Inc. does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Humana, Inc. provides:

- 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. has 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, 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 (TTY: 711).

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 (TTY: 711).

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（TTY：711）。

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 (TTY: 711).

한국어 (Korean): 주의 : 한국어를 사용하시는 경우 , 언어 지원 서비스를 무료로 이용하실 수 있습니다 . ID 카드에 적혀 있는 번호로 전화해 주십시오 (TTY: 711).

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 (TTY: 711).

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Наберите номер, указанный на вашей карточке-удостоверении (телетайп: 711).

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 (TTY: 711).

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 (ATS : 711).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Proszę zadzwonić pod numer podany na karcie identyfikacyjnej (TTY: 711).

Português (Portuguese): ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número presente em seu cartão de identificação (TTY: 711).

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 (TTY: 711).

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Wählen Sie die Nummer, die sich auf Ihrer Versicherungskarte befindet (TTY: 711).

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 (TTY：711)。

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 (TTY: 711).

Diné Bizaad (Navajo): Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'dę́ę́', t'áá jiik'eh, éí ná hółǫ́, námboo ninaaltsoos yézhí, bee néé ho'dólzin bikáá'ígíí bee hólne' (TTY: 711).

العربية (Arabic):
ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم الهاتف الموجود على بطاقة الهوية الخاصة بك (رقم هاتف الصم والبكم: 711).

Y0040_MultiLanguageInsert_ID Card Accepted