

Ways to feel stronger, flexible and balanced

Here's how Go365[®] can help your physical and emotional health.

[Well-being and rewards guide](#)



Be active—it's never too late to move more

Moving helps improve your strength, balance and flexibility, which can make daily living a little easier, help prevent falls and may lower your risk of dementia.¹

Be social—add life to your days

Participating in activities you enjoy is a rewarding way to boost or maintain your well-being. Older adults who belong to social groups may live longer and lower their risk for developing health problems.²





Be proactive—protect your health

Maintaining your health—by keeping up with preventive health screenings and oral exams—may ensure your independence, security and productivity.³

Well-being as unique as you are



Explore healthy living

Humana Neighborhood Centers are here with educational programs and a unique calendar of special events designed to help you learn about maintaining your physical and mental health.



Choose activities

Get your heart beating and help protect your health with fitness, social and health education, and preventive care activities.



Track what you did

Connect an activity tracker or other device to your Go365 account. Each day you track at least 500 steps is considered an active day, plus you can earn rewards for completing activities.



Earn rewards

Complete activities to earn up to \$305 in rewards each year. Once you have \$10 in rewards, you can start redeeming them for gift cards to popular retailers in the Go365 Mall.

Want more help? Browse frequently asked questions and get answers.

[Member help →](#)

Sources

¹ “Physical Activity Guidelines for Americans,” 2nd edition, U.S. Department of Health and Human Services, last accessed November 2021, https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf.

² “Participating in Activities You Enjoy,” National Institute on Aging, last accessed November 2021, <https://www.nia.nih.gov/health/participating-activities-you-enjoy>.

³ “Get the Facts on Healthy Aging,” National Council on Aging, last accessed November 2021, <https://www.ncoa.org/article/get-the-facts-on-healthy-aging>.

Consult your doctor before beginning any new diet or exercise regimen.

Rewards have no cash value and can only be redeemed in the Go365 Mall.

Programs vary. Please see your program details for specific rules. Medicare members must earn and redeem their rewards within the same program year. Be sure to activate your reward before Dec. 31st. Rewards not redeemed before Dec. 31st will be forfeited. And, in accordance with our federal contract with Medicare, no amount of gift cards can be used for Medicare covered services, prescriptions or supplies or redeemed for cash.

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