

It's your time to live life to the fullest

Humana makes it easier with Go365 by Humana®—the well-being and rewards program included within your Humana Medicare plan.

[Sign in to Go365 →](#)

Feedback ▲

New to Go365 by Humana? Set up your account to get started.

[Activate account →](#)

For Medicare Advantage members

Because supporting your physical, social and emotional well-being at this time in your life is an essential part of human care, Humana includes Go365® in your health plan at no additional cost.

[Watch Intro to Go365](#)

Be active and engaged

No matter what you like to do—and can do—Go365 encourages healthy activities that keep you moving, learning, socially engaged and young at heart.

[How to use Go365 →](#)



Earn rewards

Go365 celebrates your accomplishments by rewarding you for completing eligible activities. Earn and redeem rewards in the Go365 Mall for gift cards you can use for groceries, gas or just for fun.

[Go365 activities and rewards →](#)



Work toward results you can see and feel

Go365 leads you to healthy actions that may help you on your health journey by providing daily tools to track your progress and offering guidance and support to help you reach your goals.



It's easy to get started



[Activate your account →](#)



[Find activities →](#)



[Get help and answers →](#)

Spotlight articles

[See all Wellness articles →](#)





[Balance exercises for seniors to help improve stability](#)



[Seated and standing chair exercises for seniors](#)



[How online therapy apps can help with stress](#)

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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[Go365 Medicare Community](#)

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This website is intended to provide information to Go365 customers about their wellness and about the products and services associated with the wellness program. Information contained in this site is general in nature. It is not meant to replace or be used in addition to the advice of healthcare professionals. If you have specific healthcare or financial needs, or for complete information, please see a medical or financial professional.

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal.

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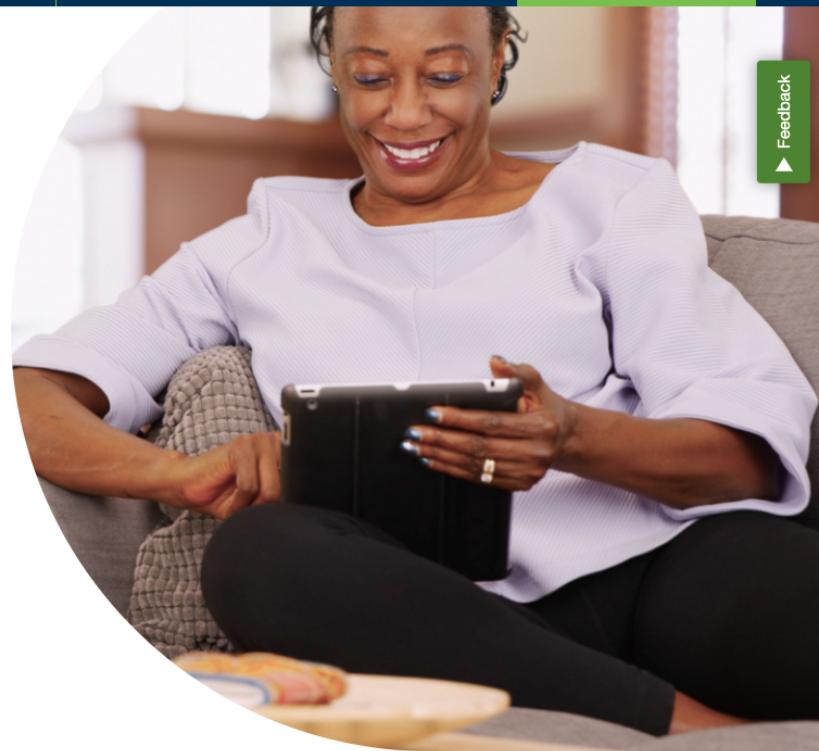
For employers & brokers ▾

For members ▾

Sign in

Get started with Go365 by Humana®

It's easy! Access your account from a browser on your desktop, tablet or smartphone

[Activate account →](#)

Feedback ▲



How to activate your account

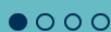
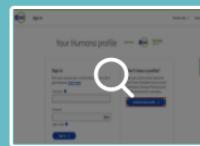
Sign in at [MyHumana.com](#) or [Go365.com](#) to access your account. Start an online profile for immediate access to your Humana accounts—all in 1 place.

[Watch how to activate](#)

Create your online profile

Step 1

Go to [Go365.com](#), select Sign in and go to the Don't have a profile section. Choose Activate online profile.

[Next step](#)

Sign in across multiple devices

To protect your privacy and personal information, Go365 has an additional layer of security in place: the 2-factor authentication process.



If you are signing in from a new device, or it has been a while since you've signed in, Humana will respond with this message: "We don't recognize the device you're using."

You can then follow these easy steps to get access:

1. Select "Sign in" and complete the steps to confirm your member information.
2. Humana will email or text you a confirmation code, good for 20 minutes.
3. Enter the code on the website.

Find more help

[Join the community →](#)

For more How Tos, visit the Go365 Medicare Community today.

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Ways to feel stronger, flexible and balanced

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

Well-being and rewards guide [PDF](#)



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.

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