



YOUR HEALTH BY THE NUMBERS



Your annual biometric screening is a way to say you care about your health and your family. It can lift you from Blue Status to higher Status levels. And it's worth 2,000 Points and Bucks in your Go365® account.

The screening is a set of quick checks

- Cholesterol
- Blood glucose
- Body mass index (BMI)
- Blood pressure
- Waist circumference
- Height and weight

Your screening will give you a better understanding of your health. Based on your results and your Health Assessment responses, you'll get recommended activities for areas where you may want to make changes to improve your health. And you'll learn your Go365 Age, a measure of whether you're living older or younger than your actual age.

Download the Go365 App today!



Join the Go365 support community
community.Go365.com

Adult children can only move a family out of Blue Status by completing a verified workout. Adult children are not eligible to earn Points or Bucks for biometric screening completion or in-range results.

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Points and Bucks breakdown

If your numbers are in healthy ranges, you can earn up to an additional 2,000 Points and Bucks. That means you can earn a total of 4,000 Points and Bucks just for completing your biometric screening and with results that show you're taking good care of yourself.

Biometric screening	Points and Bucks	Points and Bucks for in-range results
Body mass index (BMI)	800	800 – BMI \geq 18.5 and $<$ 25, or BMI \geq 25 and $<$ 30, with a waist circumference $<$ 40" for males, $<$ 35" for females
Blood glucose	400	400 – $<$ 100 mg/dL or A1c $<$ 6.5%
Blood pressure	400	400 – $<$ 130/85 mm Hg
Total cholesterol	400	400 – $<$ 200 mg/dL or an HDL \geq 40 mg/dL for males or an HDL \geq 50 mg/dL for females
Total Points and Bucks	2,000	2,000

Adult children are not eligible to earn Points or Bucks for biometric screening completion or in-range results.

- Earn 2,000 Points for completing your screening each year.
- Go365 awards Points for in-range results in your current and next program year for blood pressure, blood glucose and total cholesterol. These Points are automatically awarded on the first day of your next program year.
- Go365 members must get their BMI checked every program year.

What to know and what to bring

To fast or not to fast?

You don't have to fast (nothing to eat or drink but water for nine to 12 hours before your screening), but for accuracy it's strongly recommended. Refer to your physician or healthcare practitioner if you are uncertain whether you should fast.

Pick a site, make your appointment

Finding a screening location is easy. Options include:

- Your primary care provider (PCP)
- The Little Clinic
- Quest Diagnostics® Patient Service Center
- Walgreens Healthcare Clinic
- Kroger Company Family of Pharmacies
- LabCorp Patient Service Center

Complete the appropriate form (walk-in voucher, Biometric Screening Form or download the Quest order form) on [Go365.com](https://www.go365.com) and bring it along with your Go365 or Humana member ID card or member ID number and a valid photo ID, to your screening. Quest Diagnostics Patient Service Center and Kroger Company Family of Pharmacies require registration and scheduling.

Make your appointment today



Discrimination is against the law

Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Humana Inc. and its subsidiaries provide:

- 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. and its subsidiaries** have 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, 1-800-537-7697 (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.

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.

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。

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.

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

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.

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

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.

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.

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

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

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.

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

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。

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.

Diné Bizaad (Navajo): Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiiik'eh, éí ná hóló, námboo ninaaltsoos yézhí, bee nées ho'dółzin bikáá'ígíí bee hólne'.

العربية (Arabic):

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم الهاتف الموجود على بطاقة الهوية الخاصة بك.