



# Healthy Tomorrows

Hello PEIA PPB Plan Policyholder,

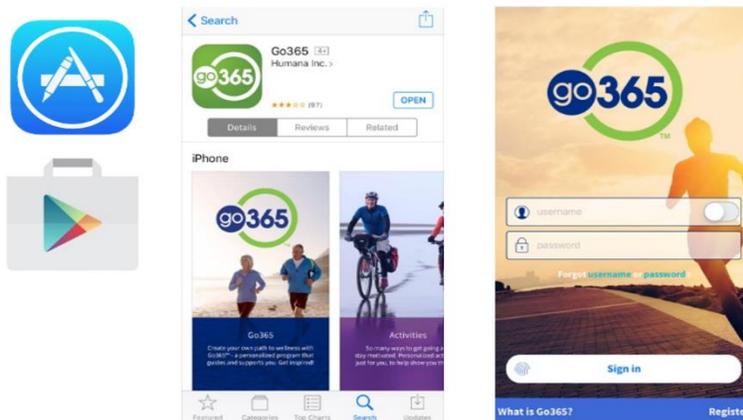
We are excited to introduce our new Healthy Tomorrows wellness platform, Go365®, which is now available for you to play, learn, and earn points.

Go365 is an enjoyable and engaging way to live life fully and achieve lifelong well-being. You will have access to the resources you need to take charge of your health and make better lifestyle choices every day. In addition, Go365 rewards you for engaging in your health!

[Check out this video](#) for an overview of the program and begin living a healthier, happier life now – for you and the people you care about.

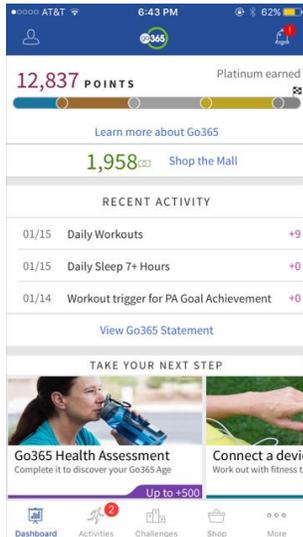
Below are a few things you'll want to get started:

- **Go365 is web-based** – you will access Go365 by creating a username and password on [Go365.com](http://Go365.com) and can track progress on a computer, tablet or smartphone that is Internet-capable. You can use either your social security number OR the first 9 digits of the personalized Go365 ID number that you should have received in the mail from Go365.
- **Go365 has a free app** – If you're an Android or iPhone user, you can download the Go365 App in the Apple or Google Play Stores and sign in with the same username and password you created for [Go365.com](http://Go365.com).
- **Go365 is secure** – The online and App experiences are an extension of the secure Humana.com website and are HIPAA compliant. Your personal information is shared and protected as outlined in their [Notice of Privacy Practices](#).



We mentioned previously that Go365 will reward you for engaging in your health. How exactly does it reward you?

First, eligible healthy activities earn you Points. These Points convert into Go365 Bucks for you to spend at the Go365 Mall for items such as gift cards to Target, Lowe's and Amazon.com, movie tickets, Fitbit or Garmin devices, and much more.



You will also have access to exclusive Go365 member discounts on items such as LifeFitness equipment, select nation-wide race events, and Sprint.

Now that we know Go365 rewards us Go365 Bucks for each Point we earn, let's check out some of the eligible activities that will earn you Points. There are three ways you can get started in Go365 with great Points potential:

### **Complete at least one section of the Health Assessment (HA) online or on the Go365 App**

Earn 500 Points when you complete the full HA, 250 bonus Points for completing the full HA within 90 days of January 1, 2018, and 500 bonus Points for the first time you ever complete the full HA in your lifetime! **Points potential: 1,250**

### **Get a biometric screening**

Earn 2,000 Points when you get the following measurements: BMI, blood glucose, total cholesterol and blood pressure at your physician's office. If any of those results are in a healthy range, you will also get bonus Points. **Points potential: 4,000**

### **Log a verified workout**

Earn 750 Points for the first verified workout of our program year, and 500 bonus Points for the first time you ever log a verified workout in your lifetime. **Points potential: 1,250**

There are many more activities that will earn you Points that ultimately increase your Status and Bucks total, such as preventive exams and First Aid certification. Check out the [Standard Points Flyer](#) for the full listing of eligible activities and corresponding Points values.

Keep in mind that you can complete or earn Points for eligible activities since the platform launch on January 1. You just need to log onto either the website [Go365.com](http://Go365.com) or download the Go365 app on your smartphone. You will need to use either your social security number or the first 9 digits of the Go365 ID number you received in the mail.

*Have a healthy day!*

**Your PEIA Wellness Team**