

Start your path to well-being



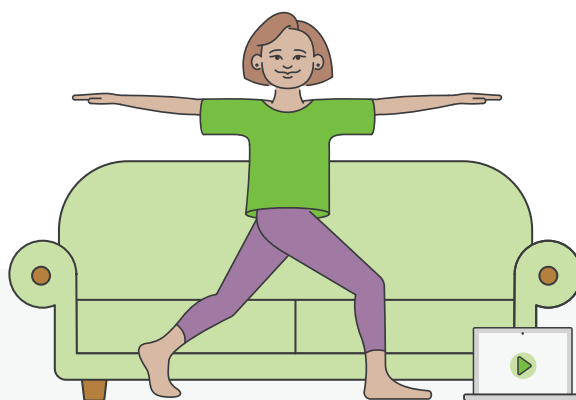
Go365 by Humana® makes working on wellness easier for Medicare Advantage members. The start to your well-being journey is right at your fingertips with our Wellness Library and Exercise & Movement Library.

Personalize the topics that work for your health goals and take courses when convenient for your schedule.

WELLNESS LIBRARY

You can begin prioritizing your own well-being today with easy-to-access online courses from Go365. Build your personal toolkit with insights on topics that impact you every day, including:

- Nutrition
- Brain health
- Stress management
- Sleep



Access all of these tools in three simple steps:

1

Sign in to **Go365.com**

2

Choose the “Libraries” tab and select the Wellness Library or Exercise & Movement Library

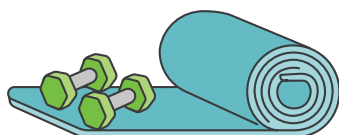
3

Begin your journey by selecting topics that interest you and receive personalized course recommendations.

EXERCISE AND MOVEMENT LIBRARY*

Going to a gym or a community center can feel uncomfortable or intimidating. Especially if you're new to exercising. But that shouldn't prevent you from improving your well-being. Choose from a variety of activities that range in workout times and intensities to fit your needs:

- Cardio
- Dance
- Strength
- Balance
- Stretching
- Walking activities



Important

At Humana, it is important you are treated fairly.

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- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618, **877-320-1235 (TTY: 711)**.

Auxiliary aids and services, free of charge, are available to you. **877-320-1235 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, not 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.

This information is available for free in other languages. Please call our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m. Eastern time.

Español (Spanish): Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711)**. Horas de operación: 8 a.m. a 8 p.m. hora del este.

繁體中文 (Chinese): 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：7111)**。辦公時間：東部時間上午 8 時至晚上 8 時。

This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns.

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