

# Make it count with Go365.

Earn Points for your everyday activities – everyday!



FITNESS

Activity	Points
<b>Daily Points</b>	up to 50/day
<b>Earn Points for activities you do every day.</b>	
Steps	1 per 1,000 steps
Heart Rate	5 for every 15 minutes above 60% of maximum heart rate
Calories	5 per 100 calories if burn rate exceeds 200 calories/hr.
Participating Fitness Facility	10 once/day
<b>Earn Bonus Points:</b>	
Exceed 50 weekly workout Points	50 only one bonus awarded per week
Exceed 100 weekly workout Points	100
<b>Fitness Habit*</b>	25 once/month
Start a new fitness habit and submit photo proof to earn your Points. Fitness habits include: walking breaks, take the stairs, park further away, stretching, visit a park, walk your dog.	
<b>First verified lifetime workout</b>	500 once/lifetime
<b>First verified workout each new program year</b>	750 once/program year
<b>Sports league</b>	350 up to 1,400/program year
You must be an active team member in a qualified, organized sports league, such as baseball or basketball. The minimum number of games or matches that must be played is eight. Members must complete a League Participation Form, available online and submit within 90 days of league completion to Go365 or claim Points on the App by sending a photo of the official schedule, award or certificate from your phone.	
<b>Challenges*</b>	up to 100/month
Create a Challenge – community	50
Join a Challenge – community	50
Create a team – sponsored	50
Join a team – sponsored	50
Sponsored Challenges are set up by employers. Community Challenges are set up by members.	
<b>Athletic events</b>	up to 3,000/program year
You must register for and complete a fitness event or race approved by a fitness, athletic, or sporting organization recognized by Go365. Members must complete the Athletic Event Form, available online, and submit it within 90 days of the event completion to Go365 or claim Points on the App by sending a picture of your race bib or results from your phone.	
<b>Level 1</b> e.g.: 1.9 mi/3K – 5.1 mi/9K running, walking or cross-country skiing, Super sprint triathlon	250
<b>Level 2</b> e.g.: >5.6 mi/9K - 12.4 mi/20K running, walking or cross-country skiing, Sprint triathlon	350
<b>Level 3</b> e.g.: >12.4 mi/20K running, walking or cross-country skiing, Olympic, ITU, half or full triathlon	500

How Go365 Points are calculated: Each day, Go365 will look at Points earned across all workout types and award the highest value for that day. Points are awarded for one workout type per day. A week is defined as Sunday – Saturday. We are committed to helping you achieve your best health. Rewards for participating in Go365 are available to all members. If you think you might be unable to meet a standard for a Go365 reward, you might qualify for an opportunity to earn the same reward by different means. Sign in to your Go365.com account and visit the Communication center to send us a secure message and we will work with you (and, if you wish, with your healthcare practitioner) to develop another way to qualify for the reward.

\*Activities will award Points under Personalized Activities on your Go365 Statement.

