

BIOMETRIC SCREENING

AS PART OF HUMANA'S GO365 PROGRAM

Humana has announced several free biometric screening events, occurring from May to August, for their Go365 Wellness and Rewards Program members. As an employer who may be eligible for premium discounts through Humana's Go365 program, you may want to encourage your employees to take advantage of this quick and easy way to earn points and proactively manage their health.

What is included in the Biometric Screening?

The Biometric Screening includes the following:

- ❖ Cholesterol and Glucose Test
- ❖ Height, Weight, and Waist Circumference
- ❖ Blood Pressure
- ❖ Results Consultation
- ❖ Nicotine Screening (for \$15 cost)
- ❖ PSA Screening via Blood Finger Prick (for men over age 45)

Please note that an 8-hour fast is recommended but not required. You may take any medication normally.

What are the Benefits?

Benefits to Employers

Employees reaching Silver Status or higher can lead to lower premiums from Humana in the future.

Benefits to Employees

Members will earn up to 2,000 Go365 points for completing the Biometric screening and up to an additional 2,000 points if results are in the healthy range. Points can be redeemed in the Go365 Mall for items such as gift cards to Walmart, Shell, Amazon, and more.

For employee-only coverage, employees must have 5,000 points to reach Silver Status.

When and Where are the Events?

The events occur once per month on the following dates at the **Humana office located at 8119 Datapoint Drive, San Antonio, Texas, 78229:**

- ✿ May 23
- ✿ June 20
- ✿ July 18
- ✿ August 15

You must make an appointment. Appointment scheduling closes 5 business days before the event. The screening takes approximately 10 minutes.

For More Information

Please see Humana's flyer explaining the screenings for complete details. You may want to share this flyer and the others listed below with your employees:

- ✿ Biometric Screening Flyer: <https://site651-cfn-live.easysitewebsites.com/sites/g/files/awx1586/f/documents/HUMANA%20SA%20BIOS%202019.pdf>
- ✿ Points you need to move up in Status: <https://site651-cfn-live.easysitewebsites.com/sites/g/files/awx1586/f/documents/Go365-%20MEMBER%20GUIDE-%20Points%20you%20need%20to%20move%20up%20in%20Status.pdf>
- ✿ Getting to Silver Status Illustration (Individual and Family Coverage): <https://site651-cfn-live.easysitewebsites.com/sites/g/files/awx1586/f/documents/Go365-%20MEMBER%20GUIDE-%20Getting%20to%20Silver%20Status%20illustration.pdf>

For more information or assistance, please contact our Employee Benefits team at **210-640-1789**, toll-free at **1-888-757-2104**, or **EmployeeBenefits@BFOnline.com**.



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