



CONNECTING A FITNESS DEVICE

1. Log in to your go365 account (go365.com)

The screenshot shows the go365 website's login interface. At the top left is the go365 logo. The main background features a photograph of an older man and woman walking outdoors. Overlaid on the left side of the image is the text: "Get started, stay inspired!" followed by "Discover your path to wellness. Go365™ gives you personalized activities, tracking, support and rewards, to keep you inspired along the way." Below this text is a button labeled "EXPLORE MORE" with a downward arrow. On the right side, there is a white login form with the following elements: a "Username *" field with an input box; a checkbox labeled "Remember my username"; a "Password *" field with an input box; a link for "Forgot username or password?"; a blue "Sign in" button; a section titled "Need a Go365™ account?" with the text "Go365 is a wellness and rewards program that helps you live a healthier life." and a blue "Register now" button. On the far right edge of the form area, there is a vertical navigation menu with five circular buttons, the top one of which is filled with blue.

2. Click the “Connect now” button in the box titled, “Connect a device and start tracking”. You may have to scroll down to see this box.

The screenshot displays a user interface for a user named Stephanie. At the top, it says "Keep at it, Stephanie!" followed by the message "We're rooting for you. Keep up the great work! What do you want to do today to stay on track with your progress?".

There are two main content boxes:

- KEEP BUILDING ON YOUR PROGRESS:** This box features a row of five circular icons: a clipboard, a person running, a hand holding a pencil (highlighted in a blue circle), a graduation cap, and an apple. Below the icons, it says "Get started with an activity today! You've got lots of options to choose from." and includes a button labeled "Explore activities".
- CONNECT A DEVICE AND START TRACKING:** This box features a circular icon of a smartwatch (highlighted in a blue circle) and a button labeled "Connect now" (highlighted with a red circle).

At the bottom of the interface, there are three navigation elements: "RECENT EARNINGS", "WEEKLY VIEW", and a "Chat with us" button with a speech bubble icon and an upward arrow.

3. The top of this page will show you how to earn points with your devices, including pedometers, fitness trackers, and heart rate monitors.

How to earn with devices

Pedometers

Earn Points for reaching thresholds with your step totals each day. Pedometers keep track of how many steps you take.

1,000

Steps

+1 Points every 1,000 steps
(Up to 50 Points, once per day)

[Shop for pedometers](#)

Fitness trackers

Earn Points and Bucks by recording your workouts with trackers such as wearable devices and apps for your smartphone. Find your fit by looking at the available devices section or browsing apps.

100

Calories burned

+5 Points for every 100 calories burned while your burn rate is over 200 calories per hour
(Up to 50 Points once per day)

[Shop App Store](#)

[Shop Google Play](#)

Heart rate monitors

Monitoring your heart rate can increase your awareness of how intensely you're exercising.

60%

Of your maximum heart rate

+5 Points every 15 minutes your heart rate is over 60% of your maximum heart rate
(Up to 50 Points, once per day)

Important: if you wear a pacemaker, please see the warning below about using a heart rate monitor

[Shop for Heart Rate Monitors](#)



Have questions?



Choosing a device that will



Chat with us



4. Once you scroll down, you will find a list of available devices that work with Go365. Click the “Connect” button under the name of the device you use. You will be directed to each company’s specific website – just follow the on-screen steps to complete the connection. You must have an active account with the vendor (Fitbit, Garmin, etc.) before connecting a fitness device to Go365.

The screenshot displays a webpage titled "Available devices" with a blue header. The header contains the "Humana." logo and the text "Humana Pedometer" with a "Connect" link. Below the header is a search bar with a "Go" button. The main content area features several device options:

- AppleHealth**: Connect via your mobile app
- Expresso by Interactive Fitness**: Connect
- Fitbit**: Connect (The "Connect" button is circled in red)
- GARMIN**: (Partially visible)

A "Chat with us" button is located in the bottom right corner.