Almost a month into the new school year and there’s no slowing down! That’s why it’s important to carve time out to focus on your and your family’s health. One of the best ways to set a solid foundation for protecting your health and finances is to take advantage of Annual Enrollment. This is your one opportunity to evaluate, review, and enroll in the benefits that will make sense for you and your family for 2018. You can read highlights on page 5, but make sure you review your Annual Enrollment Guide and take a close look at your current coverage to see if you need to make any changes. If you have questions, make sure to attend a Benefits Education Meeting. See page 5 for details.

September is Prostate Cancer Awareness Month. Early detection is the key to successful treatment.

Resources for Living Is All About You! Learn how to communicate with your child’s caregiver.

Get an immediate tax break. During Annual Enrollment, you can sign up for a Dependent Care Flexible Spending Account (FSA) to pay your day care expenses with tax-free dollars.

Healthy Recipe: Turkey and Chicken Meatloaf.

September Wellbeing Calendar.

In This Issue

Get the Scoop on All Things Go365
Platinum Spotlight—Meet Stella Davis
Our Most Engaged Schools
Newest Platinum Members and Platinum $100 Gift Card Winners
Sign Up for the Stepping Into September Challenge
Go365 Member Webinars for September
Get the coverage you need during 2018 Annual Enrollment
September is Prostate Cancer Awareness Month
Resources for Living Is All About You!
Get an immediate tax break
Healthy Recipe: Turkey and Chicken Meatloaf
September Wellbeing Calendar
Platinum Spotlight
Stella Davis, Bus Driver

Stella Davis has Type II Diabetes. When the year began, her HbA1c (a blood test that measures your average blood sugar level over a three-month period) was at 8.9 percent, when a normal HbA1c level should be below 5.7.* She knew she needed to make some significant changes.

When she learned that a fitness class called “Walk Your Way to Wellness” was being offered at the Transportation Department on Lois Avenue, she immediately signed up. The eight-week class started in March and Stella has been dedicated to a walking routine ever since.

Around that same time, she registered with Humana’s Go365 program. She synced her Samsung Gearfit 2.0 with her Go365 app and began earning one Point for every thousand steps. She set an alert that reminds her to get moving any time she’s inactive for 50 minutes. “That has really helped to keep me motivated,” she said. If she’s watching TV and the alert goes off, she’ll get up and step in place to stay active and make sure she’s getting in her steps. Sometimes her husband will even join her.

As a result of becoming more active, Stella has lost 11 pounds. When she had her HbA1c rechecked in July, her blood sugar level was down to 6.3. Her doctor was thrilled with the improvement and cut her medication dosages in half; she now takes her medications every other day instead of daily.

As a retired member of the military, Stella is committed to raising money for wounded warriors. She recently participated in a 5K for wounded veterans and finished the race in 46 minutes through a combination of both walking and running.

These days, she’s earning Go365 Points while training for another race this month. “My goal is to run the entire race,” she explained. She wants to raise enough money to win a free T-shirt. In addition to participating in charity races, Stella enjoys creating and joining challenges with her friends through the Go365 app. “No one wants to finish last, because whoever finishes last is buying lunch,” she laughed.

Stella has yet to spend her Go365 Bucks. For now, she’s letting them add up and plans to treat herself to either new sneakers or a massage. She’s proud of the positive changes she’s made to her health and wellbeing and intends to continue with the help of Go365.

* Source: Mayo Clinic

We Want You! Share Your Story!

Did Go365 help you achieve your goals? We want to hear from you! If you would like to share your inspirational story of how Go365 helped you to improve your health and wellbeing, please contact Amy Meldrum, your Humana Wellness Nurse Advocate, at 813-334-2964 or ameldrum1@humana.com.

Congratulations to the Most Engaged Schools

The following schools had the highest percentage of staff participating in Go365 for the 2016–2017 school year! Way to go!

<table>
<thead>
<tr>
<th>Elementary School</th>
<th>Middle School</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Place</td>
<td>MacFarlane</td>
<td>Steinbrenner</td>
</tr>
<tr>
<td>2nd Place</td>
<td>Ballast Point</td>
<td>Martinez</td>
</tr>
<tr>
<td>3rd Place</td>
<td>Dickenson</td>
<td>Young</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Strawberry Crest</td>
</tr>
</tbody>
</table>

Total Go365 Participation

28% Through July 30, 2017

Each month we’ll be reporting the percentage of HCPS employees participating in Go365. If you haven’t already joined, we encourage you to go to go365.com today and help us reach our goal of 100% participation!
Newest Platinum Members

Over 250 members reached Platinum Status in May, June, and July! Join us in congratulating our newest Platinum members.

May Platinum members:
- Jason Anderson
- Kari Anderson
- Jennifer Appgar
- Meghan Armstrong
- Katie Arndt
- Julie Ball
- Stephanie Barnes
- Tanya Barrett Trice
- Marizell Barroso
- Amanda Beattie
- Karen Beatty
- Rodeline Belizaire
- Yolanda Betancourt
- John Boartright
- Jennifer Bosque
- Linda Brammell
- Elizabeth Brandes
- Andrew Bratspis
- Kelsey Burnett
- Maureen Chambers
- Donna Clark
- Joellyn Collier
- Natalie Corsanoico
- Anthony Cox
- Cassandra Currier
- Heather Dambrosi
- Diane Davis
- Laura Davis
- Ronald Davis
- La Tanya Dean
- Cinzia Delange
- Amy Donahue
- Olga Fernandez
- Denise Fabarino
- Eileen Garcia
- Ruth Geer
- Susan Gerena
- Kelly Gerutts
- Ann Marie Gonzalez
- Judith Harrison
- Loren Hayes
- Deborah Henderson
- Tina Herbst
- Patricia Hester
- Kathryn Hill
- Cynthia Hislip
- Karen Holliday
- Oksana Homza
- Sharon Horne
- Lolita Horton
- Stephanie Horvath
- Karen Huffer
- Natalie Hutchings
- Erin Jahnke
- Christopher Kazor
- Sarah Keel
- Misti Kilgore
- Michael Lankford
- Kristen Lankford
- Marsha Lantz
- Sandra Lefevre
- Thomas Lefevre
- Stephanie Lewandowski
- Siomara Lopez
- Juan Jose Lopez
- Jenni Martin
- Valerie Martinez
- Dana Mason
- Brian Mason
- Rachel McCoy
- Kenneth McNicol
- Amanda Miller
- Barbara Miraglia
- Kimberly Morgan
- Linda Morris
- Amelia Morrow
- Richard Munkwitz
- Michelle Nichols
- Amber Norris
- Denny Oest
- Catherine Oley
- Stacie Pawelkop
- Jose Pequeno
- Linda Pittman
- Ingridal Ragho
- April Raines
- Stephanie Roehm
- Nancy Ross
- Lauren Rossbach
- Christina Rutledge
- Marjorie Sandler
- Dianne Schroeder
- April Smith
- Peggy Stedtler
- Kim Stewart
- Troy Suarez
- Allison Sullivan
- Alexa Trafficante
- Jennifer Walker
- Alexandra Walker
- Nanette Walker
- Nanette Watson
- Kimberly Webber
- Lisa Weaver
- Julie Wernicki
- David Wilson
- Jaclyn Wilson
- Shelby-Roxanne Young

June Platinum members:
- Joan Altshuler
- Christine Armstrong
- Bast
- Jennifer Bachtel
- Tiffany Behnke
- Bonnie Bie
- Angela Blackmon
- Erika Blue
- Sarah Bodner
- Patricia Boyette
- Mercedes Brown
- Kathy Brown-Hayes
- Pamela Brueggeman
- Tamara Bryant
- Elizabeth Campbell
- Elizabeth Casey
- Tina Chambers
- Antoinette Church
- Stephanie Clark
- Annie Clasen
- Kimberly Conrad
- Betsy Cowand
- Angela Cowles
- Sheila Cuffy
- Willie Cummings
- Dealey Dansby
- Tracy Davis
- Rachel Davis
- George Diferedico
- Susan Diferedico
- Kristal Dufault
- Emily Edmonds
- Sharon Field
- Amy Fordye
- Karen Fuller
- Amber Gangis
- Angela Garcia
- Raoul Garcia
- Marissa Grayem
- Maria Grob
- Kathrin Gutier
- Andrew Harkintran
- Debra Hay
- Jaime Heeman
- Corrine Herlihy
- Sherry Hoffman
- Patrick Horn
- Tara Horn
- Stephanie Huffman
- Jessica Iredale
- Christopher Johns
- Kathryn Jurado
- Kim Kearn
- Linda Kitch
- Donna Koren
- Francine Lazarus
- Joy Letter
- Magaly Lopez
- Daniel Macko
- Amy Marchman
- Heath McNell
- Harold Medina
- Mike Meicznier
- Stephanie Mesa
- Kelly Minnne
- Christine Modissette
- Deborah Molisanti
- Darlene Nunez
- Sergei Paronchik
- Judith Parr
- Christine Paynter
- Chrestel Penirian
- Hong Pham
- Stacy Polhill
- Elizabeth Price
- Tara Ratasky
- Jennifer Reuther
- Carol Risher
- Nelson Rodriguez
- Samantha Romero
- Yvonne Rose
- Erin Saladino
- Ana Sanchez
- Sherri Santos
- Jacquelyn Scaglion
- Tiffany Schreffler
- Cassandra Schroeder
- Ron Smiley
- Lauren Smith
- Shelby Spring
- Lisa Sstanden
- Telia Suarez
- Marty Talmantz
- Jason Talley
- Holly Talley
- Leigh Temple
- Victoria Thomas
- Andrea Thurston
- Stacy Tomberlin
- Melissa Turbee
- Linda Turner
- Jerry Turner
- Roger Ulrich
- Marlo Wagner
- Alice Walker
- Althea Walker
- Kathy Ward
- Maxwell Warner
- Nicole Warren
- Francine Watts
- Maria White
- Kimberly Wiggins
- Kenner
- Tiffany Zawacki
- Stefanie Zimmermann
- Lissie Zimmerman

July Platinum members:
- Malinda Ashley
- Aimee Ballans
- Tina Banks
- Kourtney Barnum
- Cynthia Biggs
- Angela Bisetto
- Joanne Bokor
- Laura Booher
- Joel Bowler
- Robert Brown
- Frank Buehler
- Jennifer Butorac
- Christine Cheng
- Barbara Chrimis
- Jason Christy
- Sarah Cote Goraliewicz
- Patricia Daniel
- Carlos Diaz
- Chelsea Downey
- Michael Engle
- Eleanor Evins
- Generoso Fletes
- Talana Greene
- Kimberly Griffin
- Heidi Heath
- Darlene Herrera
- Kristyna Hobson
- Stephanie Jones
- Melissa Kamis
- Kathie Kersten Engle
- Cheryl Kloechn
- Debra Leroy
- Lara Leto
- Carmen Leyva
- Thomas Lodyga
- Renee McDonnell
- Ronica McLean
- Amanda Mirabella
- Beth Moriarty
- Ana Moray
- Lindsay Nelson
- Janine Olaso
- Linda Perdue
- Mary Prat
- Richard Ramsey
- Joanne Reid
- Scott Richman
- Paula Richman
- Rebecca Rios
- Joanne Rohlfisen
- Patricia Royal
- Daniel Ruiz
- Teri Russell
- Adam Schultz
- Cheri Scott
- Chantel Simmons
- Tammy Snyder
- Karen Steinbach
- Tiffany Stewart-White
- Kristen Tarr
- Ada Tomasselo
- Kathryn Troyer
- Stacey Underwood
- Cynthia Van Hise
- Elizabeth Vazourato
- Troy Vassaro
- Christine Vincent
- Gail Vinson
- Wanda Vinson
- Kathryn Walker
- Rachel Walters
- Elaine Washburn
- Shanelle Webb
- Joshua Weber
- Meri Weber
- Amy Weinstein
- Elizabeth Wilks
- Aleta Williams
- Audrey Williams
- Vivian Wilson
- Justin Youmans
- Kimberly Youmans
- Eliza Zwickel
- Stefanie Zimmerman
- Lissie Zimmerman

Congratulations to Alexa Trafficante, Darlene Nunez, and to Elizabeth Wilks, Our Winners of $100 Visa Gift Cards!

Once you reach Platinum Status, you are entered in a drawing for a $100 Visa gift card for that month! The winners are:

- **May:** Alexa Trafficante, 4th Grade Teacher, Gorrie Elementary
- **June:** Darlene Nunez, HR Department Representative
- **July:** Elizabeth Wilks, Hearing Impaired Teacher, Burnett Middle School

Get Your Name on the Platinum List

Each month we identify the newest Platinum members. When you reach Platinum Status, you will receive an email asking for permission to print your name in this newsletter. Please reply to the email if you would like to receive the recognition you deserve!
HCPS Challenge Results—Top 5 Teams

July Stars and Stripes • 246 Participants/53 Teams

<table>
<thead>
<tr>
<th>Team Name and Rank</th>
<th>Total Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Everyone Welcome</td>
<td>1,303,618</td>
</tr>
<tr>
<td>2. Team Anyone</td>
<td>1,226,446</td>
</tr>
<tr>
<td>3. Deer Park Rangers</td>
<td>1,030,705</td>
</tr>
<tr>
<td>4. HCTA</td>
<td>947,932</td>
</tr>
<tr>
<td>5. Anyone Can Join!</td>
<td>659,649</td>
</tr>
<tr>
<td>TOTAL STEPS</td>
<td>5,168,350</td>
</tr>
</tbody>
</table>

New HCPS Go365 Challenge: Stepping Into September

If you haven’t joined another challenge or team in September, you will earn 50 Points for joining the Stepping Into September Challenge and another 50 Points for joining a team.

Challenge starts September 10 and ends September 16, 2017

Register September 1–9, 2017

- You must be a Go365 member to participate.
- You must have a device (Humana pedometer, Fitbit, etc.) to track and upload your steps to Go365.
- Grab a friend or two, or more. You must team up with two to 20 people.
- Work toward reaching the individual maximum of 20,000 steps per day.
- **Download steps daily and no later than midnight on September 21.**
- All steps up to the maximum count toward your team and per-person average. The leaderboard for teams will be determined by the total number of steps per person.
- How to sign up:
  - Go to go365.com and log in or use the Go365 app.
  - Locate the Challenges link and choose the Stepping Into September challenge.
  - Create a team or join an existing team.

Maximize Your Program—Watch a Go365 Webinar

Whether you’re just starting out in Go365 or you want to maximize your rewards, take some time to tune in to the Go365 webinars. It’s easy to register; click the link and be sure to mark your calendar.

<table>
<thead>
<tr>
<th>Go365 Webinars</th>
<th>Wednesdays - Date/Time</th>
<th>Registration Links</th>
</tr>
</thead>
<tbody>
<tr>
<td>SEPTEMBER Member Webinar Topic</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Get Started with Go365</td>
<td>September 13, 10:00 a.m.</td>
<td>Registration Link</td>
</tr>
<tr>
<td></td>
<td>September 13, 2:00 p.m.</td>
<td>Registration Link</td>
</tr>
<tr>
<td>Maximize REWARDS with Go365</td>
<td>September 27, 10:00 a.m.</td>
<td>Registration Link</td>
</tr>
<tr>
<td></td>
<td>September 27, 2:00 p.m.</td>
<td>Registration Link</td>
</tr>
</tbody>
</table>

Add Go365 to Your Wellness Toolbox

When you’re trying to improve your health, the Go365 app can be like having a personal trainer. Use it to earn Points and stay on track to reach your health and wellness goals. Here’s why you need it:

- Earn Points by completing activities that focus on areas such as weight, food, and sleep tracking
- Complete your Health Assessment
- Interact with a health coach
- Submit proof of eligible activities for Points
- View your Points history
- Spend your Bucks in the Go365 Mall
- And more!

Start using the app today. Download the app to your smartphone.
2018 Employee Benefits Annual Enrollment

September 19–28, 2017

Enroll at sdhc.selfservicenow.com

2018 Benefits Update

• Medical plans: Benefits and premiums are changing.

• The Standard Supplemental Employee Term Life Insurance Plan: Many rates are decreasing.

• Opt-out credit: The credit will be $720 per year.

• Aon Hewitt is now Alight Solutions: New name, same call center phone number and website address, noted below.

• Lower your costs and have more to spend: Check out the Flexible Spending Accounts (FSAs), the Hospital GAP PLAN®, critical illness, and accident insurance.

• Have other medical insurance? Opt out and use the credit to pay for certain other pretax coverages or elect to contribute to an FSA.

Learn More

• Read your Annual Enrollment Guide, coming to your work site in mid-September.

• Visit sdhc.selfservicenow.com to watch videos, read detailed information, and enroll.

• Call Humana Annual Enrollment Hotline at 888-393-6765 with questions about medical, dental, and/or vision coverage September 19 through December 31, 2017, Monday–Friday, 8:00 a.m.–8:00 p.m. (ET).

• Call Alight Call Center at 866-522-9133 with questions about online enrollment or to enroll over the phone Monday–Friday, 8:00 a.m.–6:00 p.m. (ET); Saturday, September 23, 8:00 a.m.–1:00 p.m. (ET).

Your FREE Personalized Wellbeing and Rewards Program

When it comes to health and wellness, you have your own approach—one that works for you. Go365 makes it easier to get moving along your path with more ways to start, more Activities to unlock, and more ways to rack up rewards.

Go365 makes it easier by connecting you to all the tools and resources you need to get there. Tracking your activity is a breeze—just connect your compatible apps or fitness devices and earn Points for all your healthy activities.

Log in to your account on go365.com or via the Go365 app today and get going on your journey!
September Is Prostate Cancer Awareness Month

An estimated one in six white men and one in five African-American men will be diagnosed with prostate cancer in their lifetime, and the likelihood increases with age.1 Prostate cancer occurs mostly in older men and is the second leading cause of cancer death in American men, behind only lung cancer.2 Fortunately, around 85 percent of American men with this type of cancer are diagnosed early and can be treated with good chances of survival.3

This cancer develops in a man’s prostate, the walnut-sized gland below the bladder that produces semen. While it oftentimes grows slowly and may not cause significant harm, it can be aggressive and spread quickly without treatment. It’s important for men to be able to recognize the signs and symptoms of prostate cancer so action can be taken to prevent it from spreading.

How to reduce your risk

While there’s no sure way to prevent prostate cancer, there have been studies around lifestyle choices that can lessen your risk of some cancers.

Opt for a healthy diet

Go low-fat. Opt for lower fat meats (lean beef, chicken, fish, and pork) and reduce the amount of fat in your cooking.

Eat more fat from plants. Eat more plant-based foods that contain good fats, including avocados, nut butters, and olive oil.

Fit in more fruits and veggies. Add an extra serving of fruits or veggies to each meal or as a snack.

Don’t forget about fish. The omega-3 fatty acids in fish (salmon, tuna, herring) have been linked to reduced risk of prostate cancer. Flaxseed is another way to fit in those omega-3s.

Keep at a healthy weight and exercise most days

Men who are obese, or who have a body mass index (BMI) of 30 or higher, may have an increased risk of prostate cancer. Lower your risk by reducing calorie intake and choosing a healthy diet that’s rich in fruits, vegetables, and whole grain. Incorporate exercise into your daily routine. Maintain a healthy weight by exercising for at least 30 minutes most days.

Wellness Quick Takes

Want more? Add your name to the Wellness Quick Takes distribution list today. You’ll get more wellness information on a variety of topics of interest to you, have an opportunity to name monthly challenges, and have your voice heard by taking surveys. Simply email your Humana Wellness Nurse Advocate, Amy Meldrum, at ameldrum1@humana.com and you will be added to the list. Then, watch your inbox for more information.

Communicating With Your Child’s Caregiver

Establishing an open line of communication with your caregiver is important when it comes to your child’s development. Your caregiver, whether at home or away from home, spends quality time with your child and is able to observe them in various settings. Following are some tips to help you manage that relationship.

**Establish a routine.** Have a set schedule for your caregiver, so there is consistency in each day. At the close of each day, have a brief chat to ask about what your child did for the day.

**Exchange regular updates.** Set up time weekly or bi-weekly to have a deeper conversation about your child’s routine and behavior.

- ✓ Ask how your child is interacting with others.
- ✓ Share detail on what is going on in your life that might differ from routine, such as travel.
- ✓ Update your caregiver on how he or she is doing, giving affirmation as appropriate.

**Plan for emergencies.** Be sure your child care provider knows how to contact you in an emergency, and that you have authorized for your child to receive emergency care if needed.

**Searching for child care?** Resources for Living has a Child Care Provider Search function available to help you find care at centers and family child care facilities, or in-home care. Log on to resourcesforliving.com, and select Family > Child Care > Child Care Provider Search to get started.

Read more about caregiver communication tips on resourcesforliving.com. There, you can also find articles about child care evaluation, child care planning and more.

---

**LifeMart**

*Source: Resources for Living Presents*

**LifeMart Discount Center: Kids, Parents, and Pets**

When it comes to those you care about most, you want to make sure they are cared for when you are away. Access pet, child, and elder care savings through LifeMart Discount Center.

You have **FREE** access, 24/7, to the LifeMart Discount Center. Don’t wait! You can start saving today! And while you’re there, look for other savings on top brands and services. Come back often to see new offers.

---

**Paying for Day Care: Dependent Care Flexible Spending Account (FSA)**

The Dependent Care FSA can help you save money on dependent day care expenses for children, adults, or elders in your care. This account is not for medical, dental, or vision expenses.

**What expenses can you file?**

Day care costs, such as in-home caregivers and after-school care.

**How can you save money?**

The money that goes into your FSA is deducted from your salary pretax, so it increases your take-home pay, and you can pay for dependent care expenses with tax-free dollars.

**How do you enroll?**

You can elect the Dependent Care FSA during Annual Enrollment from September 19–28, 2017.

For more information about the Dependent Care FSA, such as maximum contributions and important dates, see page 14 in your 2018 InfoQuick Annual Enrollment Guide.

**Aetna Resources for Living**

855-327-6463 24/7

resourcesforliving.com

Username: SCHOOLEAP

Password: 8553276463
Recipe of the Month
Turkey and Chicken Meatloaf

Ingredients:
- Cooking spray or 1 tablespoon olive oil
- 1 pound ground white meat turkey
- 1 pound ground white meat chicken
- 1 onion julienned
- 2 carrots julienned
- ½ cup egg whites
- ¾ cup organic ketchup
- 1/4 cup tamari soy sauce (low sodium)
- 1 tablespoon poultry spice
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- ¾ cup rolled oats
- Sea salt to taste
- Ground black pepper to taste
- ¼ cup organic ketchup or marinara sauce for top of meatloaf

Directions
Sauté onions in cooking spray or olive oil about 5 minutes or until clear.
Add carrots, sauté 1 minute, and remove from heat.
Place all other ingredients in a bowl.
Add onion mixture.
Blend well.
Place mixture in a loaf pan lined with parchment paper.
Top with ketchup.
Score diagonally, crisscross, using a paring knife.
Bake at 350 degrees about 1½ hours or until 170 degrees when using a meat thermometer.

Reprinted with permission from the Prostate Cancer Foundation and Chef Beth Ginsberg.
Enroll in September’s Challenge in Go365

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>00</td>
<td>03</td>
<td>04</td>
<td>05</td>
<td>06</td>
<td>07</td>
<td>08</td>
</tr>
<tr>
<td>LOUD runners Big Guava 1 mile fun run</td>
<td>1 point every 1000</td>
<td>1 point every 1000</td>
<td>1 point every 1000</td>
<td>1 point every 1000</td>
<td>1 point every 1000</td>
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<tr>
<td>Challenge begins!</td>
<td>1 point every 1000</td>
<td>1 point every 1000</td>
<td>1 point every 1000</td>
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<td>1 point every 1000</td>
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<td>12</td>
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<td>25</td>
<td>26</td>
<td>27</td>
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<tr>
<td>AE meeting Armwood HS</td>
<td>1 point every 1000</td>
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<td>31</td>
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<td>02</td>
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</tbody>
</table>

One Step Closer to the Cure 2017 – CMOCF

EARN 1 POINT FOR EVERY 1000 STEPS!
MAX 50 POINTS PER DAY!
## Earn Points for Preventive Care

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health screenings</strong></td>
<td></td>
</tr>
<tr>
<td>Earn Points by getting screenings such as a Pap smear, mammogram, prostate exam or colorectal screening. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed. Age restrictions apply. See Go365.com for details.</td>
<td>400 up to 400/program year per screening</td>
</tr>
<tr>
<td><strong>Dental exam</strong></td>
<td></td>
</tr>
<tr>
<td>Visit your dentist and earn Points for preventive dental exams. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your dental exam. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.</td>
<td>200 up to 400/program year</td>
</tr>
<tr>
<td><strong>Vision exam</strong></td>
<td></td>
</tr>
<tr>
<td>Earn Points for a preventive vision exam. Submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your vision exam. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.</td>
<td>200 once/program year</td>
</tr>
<tr>
<td><strong>Flu shot</strong></td>
<td></td>
</tr>
<tr>
<td>Get your annual flu shot and submit the Prevention Activity Form, available online, within 90 days to earn Points. Use the App to snap and submit a photo of the date and location where you received your flu shot. Go365 members with Humana medical coverage will automatically earn Points once claim has been received and processed.</td>
<td>200 once/program year</td>
</tr>
<tr>
<td><strong>Nicotine test</strong></td>
<td></td>
</tr>
<tr>
<td>After receiving a cotinine (nicotine) test, submit a Nicotine Test Form, available online, within 90 days of completing the test with your healthcare provider.</td>
<td>400 once/program year</td>
</tr>
<tr>
<td><strong>Biometric Screening</strong></td>
<td></td>
</tr>
<tr>
<td>Earn Points by getting your Biometric Screening at an approved healthcare provider or from your physician. Submit the Biometric Screening Form, available online, within 90 days of completing your Screening to earn Points. Biometric Screenings completed at a national vendor will submit the results automatically up to 45 days from date of service.</td>
<td></td>
</tr>
<tr>
<td>The Biometric Screening measures your:</td>
<td></td>
</tr>
<tr>
<td>Body mass index (BMI)</td>
<td>800</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>400 once/program year</td>
</tr>
<tr>
<td>Blood glucose</td>
<td>400</td>
</tr>
<tr>
<td>Total cholesterol</td>
<td>400</td>
</tr>
<tr>
<td>Adult children are not eligible to earn Points for Biometric Screening Completion.</td>
<td></td>
</tr>
</tbody>
</table>

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.
The Go365® App
Put the power in your pocket

Download the Go365® App today to your smartphone. Use it to help you stay on track in reaching your health and well-being goals.

The App has it all
Look what you can do:

- Go head-to-head against other Go365 members and compete in Challenges*
- Submit proof of eligible activities for Points
- Connect compatible devices and tracking apps
- Personalize experiences with photos
- Complete or update your Health Assessment in quick, two-minute sections
- Explore ways to increase your Points total
- Complete activities that focus on areas such as food and sleep tracking for Points**
- Check on your Go365 Age and Status
- Enroll and interact with a health coach
- See your Points history
- Spend your Bucks in the Go365 Mall

Look how the Go365 App can make your life easier. Sign in today.

Download the Go365 App

Go365 is not an insurance product. Not available with all Humana health plans.

* Members earn 50 Points for joining a Challenge and 50 more for joining a Challenge team, up to a maximum of 100 combined Points per month no matter how many Challenges and Challenge teams a member may join.

** Depending on the activity, activities can be worth 2 Points a day or may have a weekly or monthly cap. Refer to the App for Points limits.
Schedule a Flu Shot Clinic at Your School by Contacting

Ashley Kuczynski
akuczynski@humana.com
(813)520-3169

Earn **200 points** in Go365 for receiving a flu shot!
Participate in a joint biometric screening and flu shot clinic and receive up to **4,000 points**!
Minimum of 25 participants per school.

**October 2 - February 28**

*non-Humana members must pay $26 (cash only)*
No More Excuses…
Bringing 3D Mammography To You

1 in 8 women will be diagnosed with Breast Cancer in their lifetime. Early detection saves lives—Get scanned:

HCPS Enrollment & Health Fair
Jefferson High School
Saturday, September 23, 2017
7:00AM - 12:30PM

• 40 or older, 1 yr from last mammogram, No prescription, No referral needed
• Under 40 requires a prescription, No referral
• No extra charge for 3D, Earn Go 365 Points
• Questions? 813-601-1925

For best appointment times, Schedule NOW at
www.TampabayMobileMammography.com