

Go365

Recommended Activities



Get healthier and maximize your Points with Go365™ Recommended Activities

Go365 can help you take steps to better health – starting today – with Recommended Activities. Recommended Activities are designed just for you, based on information you shared about your health when you completed your Health Assessment, along with your biometric screening results. Because they're tailored specifically to your health needs, they can have the greatest impact on your health.

Your personalized Go365 Recommended Activities may include:



Reach or stay at a healthy weight by eating a more nutritious diet



Lower your blood pressure



Exercise regularly



Make healthier lifestyle choices, such as quitting smoking

Make the most of your Recommended Activities:

You're challenged to complete your Recommended Activities in a certain time frame. When you do, you'll earn extra Points. You'll also earn Points for completing everyday activities along the way that help you reach your goal. It's that easy.

For example, you may receive a Recommended Activity to lose 10 pounds. Completing everyday activities like tracking your daily steps, taking an online course on

healthy eating or checking in at your fitness facility can help you reach your goal—and earn you more Points. As you achieve your goals and improve your health, you'll receive new Recommended Activities.

Remember, completing Recommended Activities can have a big impact on your overall health and reward you a lot of Points and Bucks.

Sign in to your Go365 account at **Go365.com** to see all of the activities you can do to earn Points.



Join the Go365 support community
community.Go365.com



Register or sign in at **Go365.com**
or on the Go365 App