

2021-2022 Arlington ISD Wellness Program



The Arlington Independent School District wellness program is a vital part of our overall benefits program. AISD has partnered with Go365 to bring you the latest health and wellness tools and educational programs to help you live better and achieve your health goals.



Wellness Incentive Reward

The AISD wellness program is run on a point system. You will be eligible for a \$51 monthly reduction on your medical premiums if you choose to participate, are enrolled in a TRS medical plan, and reach Go365 SILVER STATUS (5000 points) on or before July 31, 2022.

EARNING POINTS in Go365

Take the stairs. Keep your blood pressure in check. Eat more salads. There are lots of things you can do to get healthier. With Go365®, you can earn Points for doing them. The more Go365 activities you complete, the more Points you earn and the higher your Go365 Status.

Three ways to get started

- Complete the Go365 Health Assessment
- Get a biometric screening
- Log a verified workout



How to register for Go365

Access Go365 Mobile App from the App Store or Google Play or register online at Go365.com. For questions about registration contact Go365 customer service: 800.592.3009

Unlock activities to earn more Points and move up to a higher Status

Recommended activities

These personalized activities are created just for you, based on your Health Assessment. Recommended activities are things like losing weight or exercising more that are designed to jump-start your health, and they're worth more Points!



Go365 is not an insurance product. This is a general description of services which are subject to change. Please refer to Customer Support for more information. This document is intended to provide a high-level overview of the primary Go365 account holder's Points earning potential. Recommended activities are not medical advice. Consult your physician. We are committed to helping you achieve your best health. 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. Contact Go365's Customer Care team by signing in to Go365.com and using the secure live chat feature on the bottom right of the screen or by calling the number on the back of your member ID card, 800.592.3009.

Activities and Points



Points listed are per program year unless stated otherwise.












Education

Activity

Points

- **Health Assessment**  500
Take your full Go365 Health Assessment online or on the App and earn Points for completing it for the first time each program year.
- **OR Health Assessment sections**  50
>> Get Active >> Eat Better >> Reduce Stress >> Live Well >> Know Your Health >> Introduce Yourself
200 bonus Points when you complete all six sections










Bonus Points

- **First Step Health Assessment bonus**  500 once/lifetime
- **Fast Start Health Assessment bonus**  250
- **Calculators**  75 each (up to 300/program year)
- **CPR certification**  125
- **First-aid certification**  125
- **Update/confirm contact information**  50
- **Monthly Go365.com, Humana.com or Go365 App sign-in**  10 (up to 120/program year)
- **First time Go365 App sign-in**  50 once/lifetime
- **Accept online statements**  Available for Go365 members with Humana medical coverage only. 50 once/lifetime

Prevention

Activity

Points

- **Health screening***  400 per eligible screening
- **Dental exam**  200 per exam (up to 400/program year)
- **Vision exam**  200
- **Flu shot**  200
- **Nicotine test****  400
- Biometric screening completion**
- **Body mass index (BMI)**  800
- **Blood pressure**  400
- **Blood glucose**  400
- **Total cholesterol**  400

Maximum Points for Health Assessment completion per program year is 500. Fast Start bonus awarded for full Health Assessment completion within the first 90 days of your program year.

*Subject to certain requirements and will appear as a recommended activity if they are applicable to you.

**Cost associated with nicotine tests are the responsibility of the Go365 member. Nicotine tests are not associated with biometric screenings.

Activities and Points

Points listed are per program year unless stated otherwise.



Healthy living

Activity	Points
○ Blood donation	50 each (up to 300/ program year)
○ Nicotine test (in-range results)	400
○ Virtual well-being coaching ongoing interactions	10 weekly (up to 520/program year)
○ Weekly log	10 weekly
○ Sleep diary	25 weekly (up to 150/ program year)
○ Daily health quiz	2 daily
○ Fitness habit	up to 25 per month
Biometric screening (in-range results)	
○ Body mass index ≥ 18.5 and < 25 , or BMI ≥ 25 and < 30 , with a waist circumference < 40 " for males and < 35 " for females	800
○ Blood pressure(systolic and diastolic) $< 130/85$ mm Hg	400
○ Blood glucose < 100 mg/dL or A1c $< 6.5\%$	400
○ Total cholesterol < 200 mg/dL or an HDL ≥ 40 mg/dL for males and ≥ 50 /mg/dL for females	400

Fitness

Activity	Points
Daily verified workout types	
○ Steps*	up to 50/day
○ Steps*	1 Point per 1,000 steps
○ Heart Rate (HR)*	5 Points for every 15 minutes above 60% of maximum HR
○ Heart Rate (HR)*	5 Points for every 15 minutes above 60% of maximum HR
○ Calories*	5 Points per 100 calories if burn rate exceeds 200 calories/hour
○ Calories*	5 Points per 100 calories if burn rate exceeds 200 calories/hour
○ Participating fitness facility or digital fitness connection*	10 per daily visit
○ Participating fitness facility or digital fitness connection*	10 per daily visit
○ Photo proof of home or gym workout*	10 points per workout
○ Photo proof of home or gym workout*	10 points per workout
Bonus Points	
○ Exceeded 50 weekly workout Points	50 only one bonus
○ Exceeded 100 weekly workout Points	100 awarded per week
○ Exceeded 100 weekly workout Points	100 awarded per week
○ First lifetime verified workout	500
○ First lifetime verified workout	500
○ Sports leagues	350 Points per league team (up to 1,400/program year)
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Challenges	
Sponsored Challenges are set up by employers or Go365. up to 200/month total for all Challenge-related activities	
Member-created Challenges are set up by members.	
○ Participate in a Member-created Challenge	100
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○ Participate in a Sponsored Challenge	100
○ Participate in a Sponsored Challenge	100
Athletic events	
(running, walking, cross-country skiing, cycling, triathlon) up to 3,000/program year	
○ Level 1 (example: 5K)	250
○ Level 2 (example: 10K)	350
○ Level 3 (example: half-marathon)	500

*Calculating daily workout Points: Each day, Go365 will look at Points earned across all workout types and award the category with the highest value for that day. Points are awarded for one workout type per day. Week is defined as Sunday–Saturday. Maximum of 50 daily workout Points can be awarded.