

How To Sync A Device Or APP



Go365, for wellness and rewards

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Syncing A Device

Using A Tablet or
Computer



Step 1: Choose A Compatible Device

COMPATIBLE fitness devices

| Activity tracker manufacturer | Device | | | |
|-------------------------------|--|---|---|---|
| Humana Gear | g1.0 Pedometer g2.0 Pedometer | | | |
| Fitbit | Fitbit Classic Fitbit Ultra Fitbit One Fitbit Zip | Fitbit Flex Fitbit Force Fitbit Surge Fitbit Charge | Fitbit Charge HR Fitbit Charge 2 Fitbit Alta Fitbit Blaze | Fitbit Flex 2 |
| Fitbug | Fitbug Air | Fitbug Go | Fitbug Orb | |
| Garmin | <p>Running: All Garmin Forerunner devices are compatible with Go365</p> <p>Biking: All Garmin Edge devices are compatible with Go365</p> <p>Outdoors: All Garmin Fenix devices are compatible with Go365</p> <p>Vivos: All Garmin Vivo devices are compatible with Go365</p> | | | |
| iHealth | Edge | | | |
| Jawbone | Jawbone UP Jawbone UP24 | Jawbone UP2 Jawbone UP3 | Jawbone UP4 Jawbone UP Move | |
| Misfit | Shine Shine 2 Speedo Shine | Flash | Ray | |
| Polar | H7 w/Polar Beats app Polar Accurex Plus Polar AXN500 Polar AXN700 Polar Coach Polar CS400 Polar CS500 Polar CS600 Polar CS600X | Polar E600 Polar FT7 Polar FT40 Polar FT60 Polar FT80 Polar RCX5 Polar RS300X Polar RS400 Polar RS800 | Polar RS800X Polar S610 and S610i Polar S625X Polar S710 and S710i Polar 720i Polar S725 and S725X Polar S810 and S810i Polar Sport Tester Polar Vantage NV | Polar Vantage XL Polar XTrainer Plus Polar M400 Polar M450 Polar V800 Polar V650 Polar A300 Polar A360 |
| Withings | Pulse Activité | Activité Pop Go | Steel HR | |



Step 2: Create An Account For Your Device

Before you can sync a device to Go365, you need to have a Username and Password for that specific device (Garmin, Polar, Fitbit, etc.)

Example using ***Fitbit***:

Purchase a Fitbit using your Go365 Bucks or through a store. Once you receive that device, create an account for FitBit at Fitbit.com or through the Fitbit App on any smartphone device. Then, follow the instructions provided with your new device to connect it to that Fitbit account.

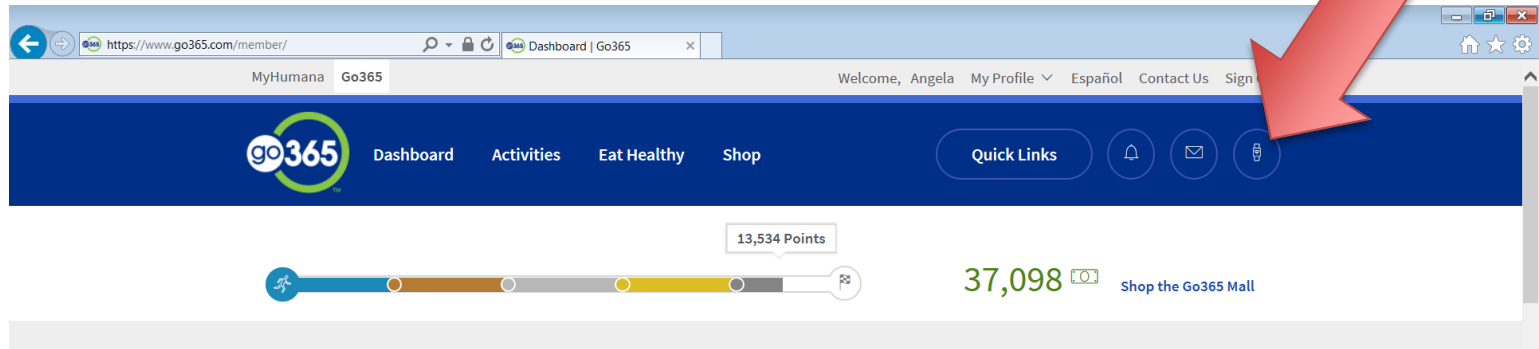
NOTE: If you have a spouse or an adult dependent who are eligible for Go365, each one would need their own Fitbit account for their device.



Step 3: Connect Device To Go365

Once you've created your account through that device's portal (Fitbit, Garmin, Polar, etc.), login to your Go365 account.

From the Dashboard, click on the watch icon:



Then select “Manage Devices.”



Step 3: Connect Device To Go365

A list of Available Devices will be displayed. From the list, choose the device that you would like to sync and click “Connect.”

The screenshot displays the 'Available devices' section of a web interface. At the top, the title 'Available devices' is centered. Below it, the 'Humana' logo is shown in green, with 'Humana Pedometer' and a 'Connect' link to its right. A search bar with a 'Go' button is positioned below the logo. The main area contains six device cards arranged in two rows. Each card features a logo, the device name, and a 'Connect' button. The 'Connect' buttons for 'Expresso by Interactive Fitness', 'Fitbug', 'Garmin', and 'GeoPalz' are circled in red. The 'Fitbit' card shows 'Connected' instead of a 'Connect' button. The 'AppleHealth' card includes the instruction 'Connect via your mobile app'.

| Device Name | Status | Action |
|---------------------------------|-----------------------------|---------|
| Humana | Humana Pedometer | Connect |
| AppleHealth | Connect via your mobile app | Connect |
| Expresso by Interactive Fitness | Available | Connect |
| Fitbit | Connected | None |
| Fitbug | Available | Connect |
| GARMIN | Available | Connect |
| GeoPalz | Available | Connect |



Step 3: Connect Device To Go365

When you hit “Connect” you will be prompted to enter the Username and Password that you created for your *device’s account* (for example: Username / Password for Garmin, Fitbit, Polar, etc.)

Once that username and password is entered, your device is synced with Go365.

You should see the connected device under the “Connected Devices” list.



Syncing A Device

Using the Go365 APP



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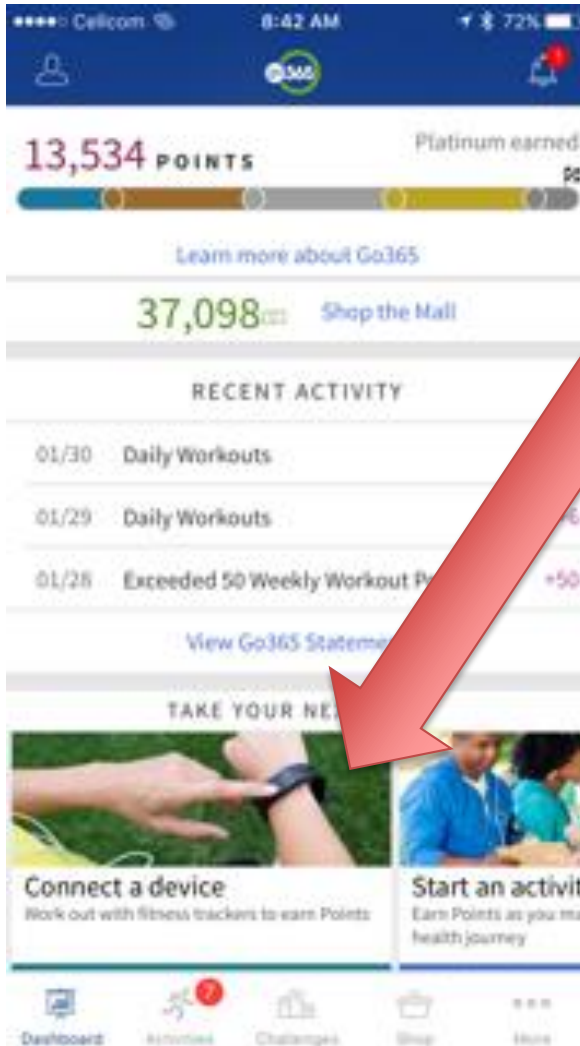
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Step 3: Connect Device To Go365

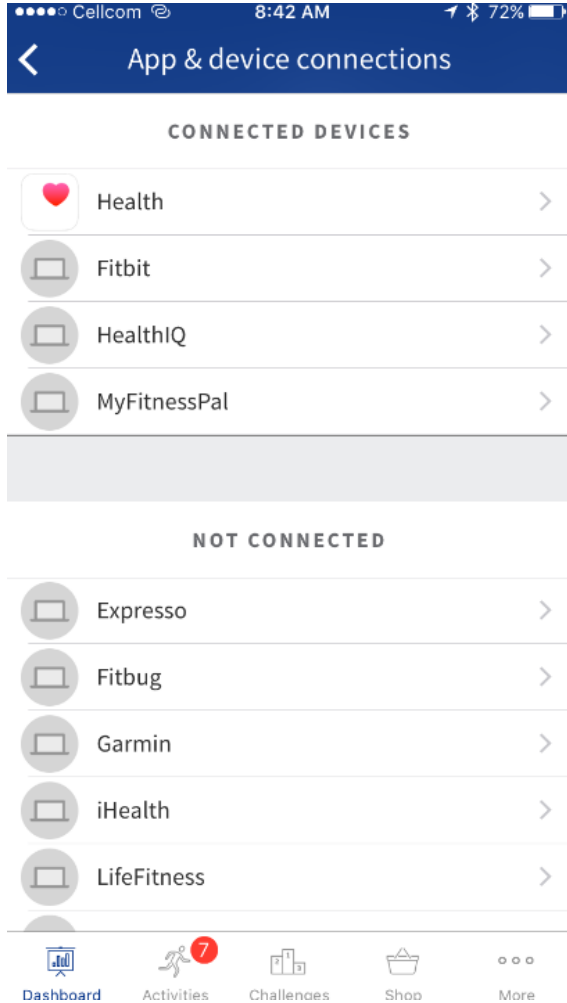


Once you've created your account through that device's portal (Fitbit, Garmin, Polar, etc.), login to your Go365 App.

From the Dashboard, click on "Connect a device."

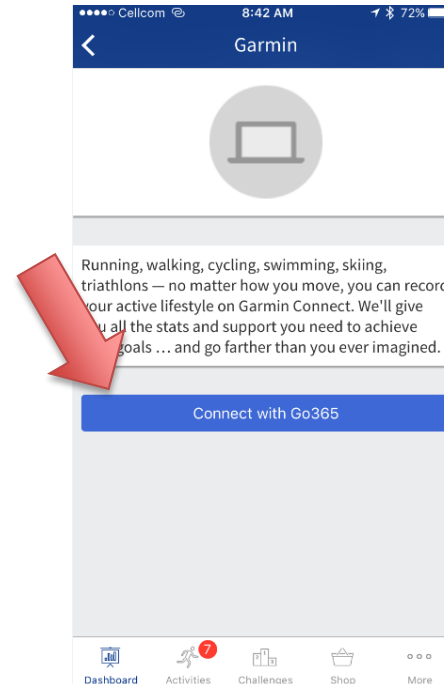


Step 3: Connect Device To Go365



A list of App & Device Connections will be appear.

Click on the device that you want to sync and select “Connect with Go365.”



Step 3: Connect Device To Go365

When you hit “Connect” you will be prompted to enter the Username and Password that you created for your *device’s account* (for example: Username / Password for Garmin, Fitbit, Polar, etc.)

Once that username and password is entered, your device is synced with Go365.

You should see the connected device under the “Connected Devices” list.



Syncing An App



Step 1: Choose A Compatible Mobile App

| Mobile apps: | Steps | Calories | Heart rate | Food | Weight | Sleep | Health quiz | Blood pressure | Glucose |
|----------------|-------|----------|------------|------|--------|-------|-------------|----------------|---------|
| Apple Health* | ✓ | | | | ✓ | ✓ | | | |
| Samsung Health | ✓ | | | ✓ | ✓ | ✓ | | | |
| Runkeeper | | ✓ | | | | | | | |
| Strava | | ✓ | | | | | | | |
| Moves | ✓ | | | | | | | | |
| Life Fitness | | ✓ | | | | | | | |
| Expresso | | ✓ | ✓ | | | | | | |
| RunDouble C25K | | ✓ | | | | | | | |
| MyFitnessPal | | | | ✓ | ✓ | | | | |
| Health IQ | | | | | | | ✓ | | |

Step 2: Login To That App On Your Smartphone

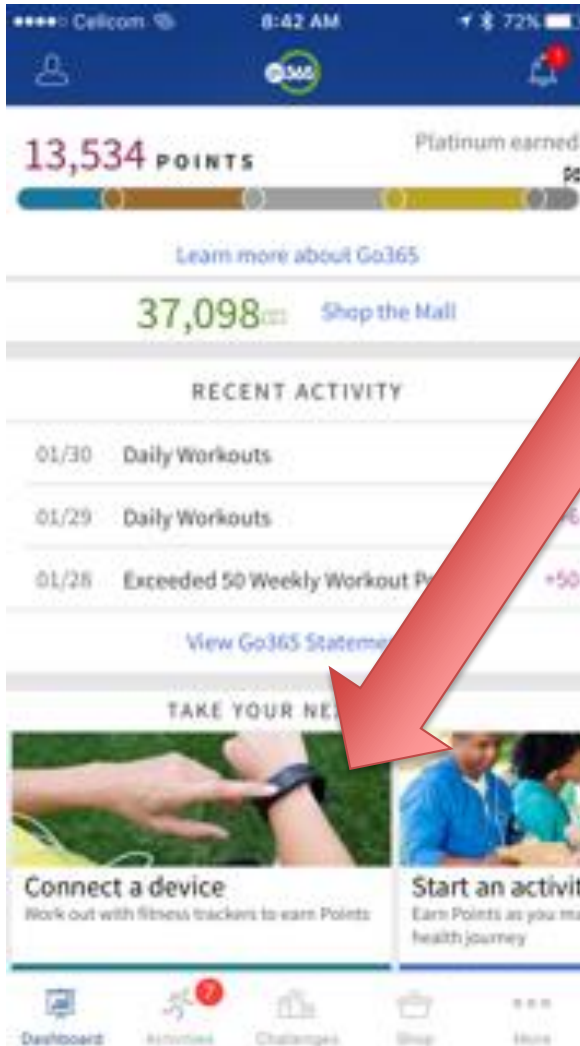
Before you can sync an app to Go365, we recommend going into that App and setting up your account.

When you click on the App from your list of available Apps (example: Apple Health, Samsung Health, etc.) you will be prompted to set up that App by entering your personal information and/or agreeing to terms and conditions.

NOTE: If you have a spouse or an adult dependent who are eligible for Go365, each one would need their own Smartphone to sync an app and earn points.



Step 3: Connect App To Go365

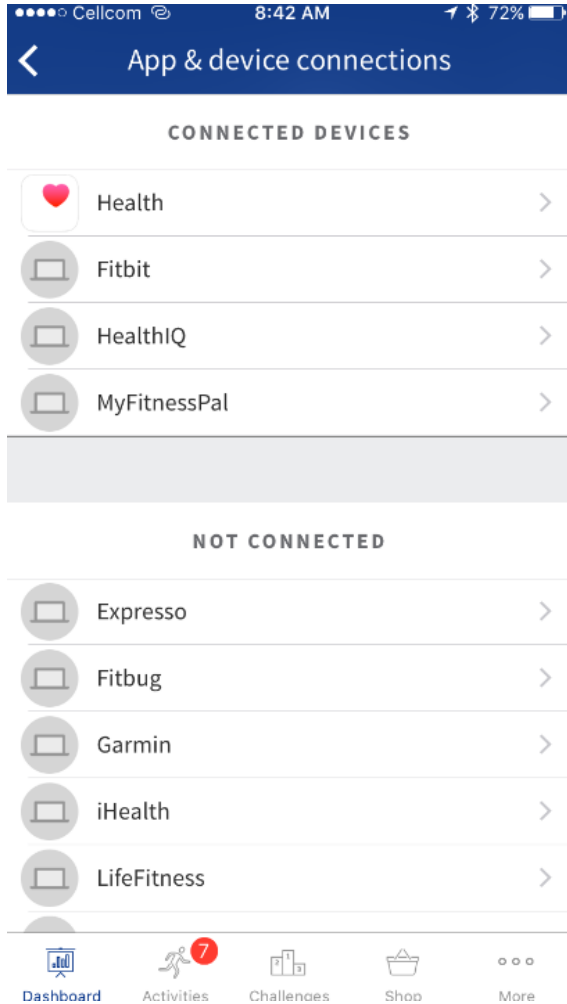


Once you've created your account in the Mobile App, login to your Go365 App.

From the Dashboard, click on "Connect a device."

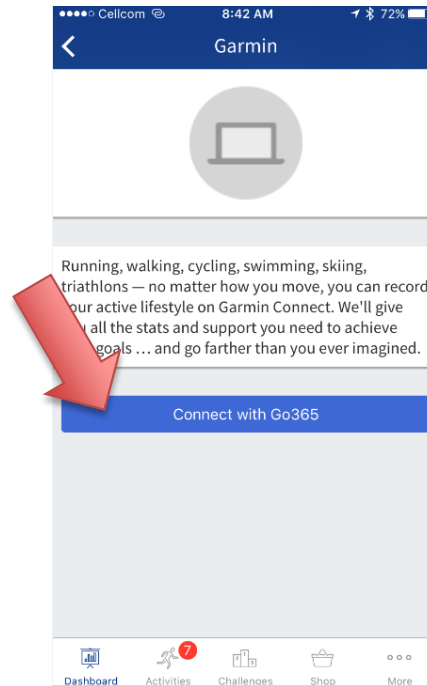


Step 3: Connect App To Go365



A list of App & Device Connections will be appear.

Click on the App that you want to sync and select “Connect with Go365.” Once you work through the next few steps, your device is connected.



You should then see that App under your “Connected Devices”



Verified Workout Points Opportunities



| Workout Type | Point Structure |
|--------------------------------|--|
| Steps | 1 Point per 1,000 steps |
| Heart Rate Monitor | 5 Points for every 15 minutes above 60% of maximum HR |
| Calories | 5 Points per 100 calories if burn rate exceeds 200 calories per hour |
| Participating Fitness Facility | 10 Points per day |

- **Members can earn up to 50 fitness Points per day (highest Points awarded daily across devices and workout types)**
- **Exceed 50 weekly Points, earn 50 bonus Points**
- **Exceed 100 weekly Points, earn 100 bonus Points**
- **Bonus Points for first verified workout each year**