



Covering every degree of your resource needs

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**Humana Vitality®
Renamed Go365™**

by Humana

What is Go365? - Click to view this video

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 while doing them.

- **Activities** – These are things you do every day — like taking a walk or getting your flu shot — to be your healthiest.
- **Recommended Activities** – These personalized activities are created just for you, based on what you told us about your health in your Health Assessment. Recommended activities are things like losing weight or exercising more that are designed to jumpstart your health, and they're worth more Points!
- **Challenges** – Here's your chance to boost your health even more when you compete against friends and co-workers. Challenge them for most steps taken or pounds lost, or create your own Challenge!
- **Go365 Kids** – Even your kids can get involved and make getting healthier and earning Points a family affair. They'll earn Points for doing healthy things they already enjoy, like playing on a soccer team, as well as for getting checkups and shots.

Earn More When You Do More

The more Go365 Activities you complete, the more Points you earn — and the higher your Status. When you have other members of your household enrolled in Go365, their healthy activities can count toward Points, too.

Go365 Conference Call

We have scheduled a Go365 Informational conference call next Thursday, January 26 at 3:30pm that should last about 30 minutes. We will have our Go365 rep on the phone to discuss the program in detail as well as answer any questions. Dial-in information will be sent out next week.



UPA Corporate

16 Client Locations

61 UHS Practices

152 Team Members

203 Team Members

582 Team Members

Here's the number of Points needed to move up to each Status:



Whole Life Challenge

A reminder that this is the last week to register for the Whole Life Challenge! The cost is \$49 for this 56 day wellness event that will run from January 21st - March 17th. For more details and informational videos, click here or visit the UT Insite page. All participants enrolled in Humana Go365 who complete the challenge, will earn 280 points!

2016 W-2's

After January 20th you will be able to access your W2 by logging on to ADP.

- From the ADP Main Page, click the Myself tab
- Click Pay
- Click Annual Statement

W2's will be mailed to your home address no later than January 31st.



Payroll Services

Upcoming Pay Dates

January 27th

February 10th

February 24th

www.upasolutions.com