

humana go365 wellness program

Humana Go365 Wellness Program: Your Guide to a Healthier, Happier You

Are you ready to take control of your health and well-being? Tired of feeling overwhelmed by confusing health plans and lacking the motivation to make positive changes? Then you've come to the right place! This comprehensive guide dives deep into the Humana Go365 wellness program, exploring its features, benefits, and how it can help you achieve your health goals. We'll cover everything from earning rewards to accessing resources, ensuring you have all the information you need to determine if Go365 is the right fit for you. Let's unlock the potential of the Humana Go365 wellness program together!

Understanding the Humana Go365 Wellness Program: More Than Just Rewards

The Humana Go365 wellness program isn't just about earning points and prizes (although that's a significant part of it!). It's a holistic approach to health, designed to motivate and empower you to adopt healthier habits that lead to a better quality of life. Think of it as a personalized health journey supported by a robust platform packed with tools and resources. It goes beyond simply tracking steps; it's about building sustainable lifestyle changes.

Key Features of the Humana Go365 Wellness Program: Unlocking Your Health Potential

The Humana Go365 program is built around a points-based system where you earn points for

completing healthy activities. These activities span a wide range, catering to diverse lifestyles and preferences. Here are some of the key features:

Activity Tracking: Connect your fitness trackers or manually log your physical activity to earn points. Whether it's walking, running, swimming, or cycling, Go365 encourages movement.

Health Challenges: Participate in engaging challenges, both individual and team-based, to stay motivated and connected with others striving for similar goals. These challenges often introduce new activities and encourage consistent participation.

Health Assessments & Screenings: Take advantage of health assessments and screenings to gain a better understanding of your health status. This proactive approach allows for early identification of potential issues and empowers you to take preventative measures.

Educational Resources: Access a wealth of educational materials covering various health topics, from nutrition and fitness to stress management and mental wellness. This empowers you to make informed decisions about your health.

Rewards and Incentives: Earn points for completing activities and redeem them for gift cards, discounts on health-related products and services, or even charitable donations. This incentive system provides tangible rewards for your efforts.

Personalized Recommendations: The program offers personalized recommendations based on your activity levels, health goals, and progress. This tailored approach ensures you're focusing on activities that are relevant and beneficial to your individual needs.

Community Engagement: Connect with other Go365 members, share your progress, and participate in online communities. This fosters a supportive environment and encourages accountability.

How to Maximize Your Humana Go365 Experience: Tips and Tricks for

Success

While the program is designed to be user-friendly, here are a few tips to maximize your experience and achieve your health goals:

Set Realistic Goals: Start with small, achievable goals to build momentum and avoid feeling overwhelmed. Gradually increase the intensity and frequency of your activities as you progress.

Find an Accountability Partner: Team up with a friend or family member to participate in the program together. This mutual support can significantly boost motivation and consistency.

Utilize the Resources: Take advantage of the educational materials and health assessments offered by the program. This knowledge is crucial for making informed choices about your health.

Track Your Progress Regularly: Monitor your points and activity levels to stay on track and celebrate your achievements along the way. This positive reinforcement helps maintain motivation.

Embrace the Challenges: Participate in the health challenges offered by the program. These challenges provide a fun and engaging way to stay motivated and try new activities.

Be Patient and Persistent: Building healthy habits takes time and effort. Don't get discouraged if you experience setbacks. Simply get back on track and continue striving towards your goals.

Is Humana Go365 Right for You? Assessing Your Needs

The Humana Go365 program is a valuable asset for many, but its suitability depends on individual circumstances and health goals. It's particularly beneficial for individuals who:

Desire a more proactive approach to health management.

Are looking for motivation and support in achieving their health goals.

Enjoy participating in challenges and earning rewards.

Want access to educational resources and personalized recommendations.

However, it might not be the best fit for individuals who:

Prefer a more independent approach to health management.

Are already highly active and engaged in healthy habits.

Are not motivated by rewards and incentives.

Conclusion: Embracing a Healthier Lifestyle with Humana Go365

The Humana Go365 wellness program is a comprehensive and engaging platform designed to support you on your journey to a healthier and happier life. By leveraging its features, resources, and rewards system, you can cultivate sustainable healthy habits, improve your overall well-being, and reap the benefits of a proactive approach to health management. Take the first step today – explore the Humana Go365 program and embark on your personalized path to wellness!

Frequently Asked Questions (FAQs)

1. How do I enroll in the Humana Go365 wellness program? Enrollment typically happens through your Humana health plan. Check your plan documents or contact Humana directly for specific enrollment instructions.

1. Are there any costs associated with the Humana Go365 program? Participation is usually included as a benefit with eligible Humana health plans. However, there might be additional costs for certain optional services or features.

1. What types of rewards can I earn? Rewards can range from gift cards to discounts on health-related products and services, charitable donations, and even entries into raffles. The available rewards can vary depending on your plan and participation level.

1. Can I connect my existing fitness tracker to the Go365 app? Yes, Go365 integrates with many popular fitness trackers, allowing you to seamlessly track your activity and earn points.

1. What if I miss a week or two of activity tracking? Don't worry! The program is designed to be flexible. Just get back on track and continue participating. Consistency is key, but occasional lapses won't derail your progress.

humana go365 wellness program: Privacy Concerns Surrounding Personal Information

Sharing on Health and Fitness Mobile Apps Sen, Devjani, Ahmed, Rukhsana, 2020-08-07 Health and fitness apps collect various personal information including name, email address, age, height, weight, and in some cases, detailed health information. When using these apps, many users trustfully log everything from diet to sleep patterns. However, by sharing such personal information, end-users may make themselves targets to misuse of this information by unknown third parties, such as insurance companies. Despite the important role of informed consent in the creation of health and fitness applications, the intersection of ethics and information sharing is understudied and is an often-ignored topic during the creation of mobile applications. Privacy Concerns Surrounding Personal Information Sharing on Health and Fitness Mobile Apps is a key reference source that provides research on the dangers of sharing personal information on health and wellness apps, as well as how such information can be used by employers, insurance companies, advertisers, and other third parties. While highlighting topics such as data ethics, privacy management, and information sharing, this publication explores the intersection of ethics and privacy using various quantitative, qualitative, and critical analytic approaches. It is ideally designed for policymakers, software developers, mobile app designers, legal specialists, privacy analysts, data scientists, researchers, academicians, and upper-level students.

humana go365 wellness program: Digital Innovation for Healthcare in COVID-19

Pandemic: Strategies and Solutions Patricia Ordonez de Pablos, Kwok Tai Chui, Miltiadis D. Lytras, 2022-03-11 Digital Innovation for Healthcare in COVID-19 Pandemic: Strategies and Solutions provides comprehensive knowledge and insights on the application of information technologies in the healthcare sector, sharing experiences from leading researchers and academics from around the world. The book presents innovative ideas, solutions and examples to deal with one of the major challenges of the world, a global problem with health, economic and political dimensions. Advanced information technologies can play a key role in solving problems generated by the COVID-19 outbreak. The book addresses how science, technology and innovation can provide advances and solutions to new global health challenges. This is a valuable resource for researchers, clinicians, healthcare workers, policymakers and members of the biomedical field who are interested in learning how digital technologies can help us avoid and solve global disease dissemination. - Presents real-world cases with experiences of applications of healthcare solutions during the pandemic of COVID-19 - Discusses new approaches, theories and tools developed during an unprecedented health situation and how they can be used afterwards - Encompasses information on preparedness for future outbreaks to make less costly and more effective healthcare responses to crises

humana go365 wellness program: Beyond Greenways Robert Searns, 2023-07-25 If your doorstep were a trailhead, how would you experience your city? With this newfound freedom, you might head in a new direction—walk to a restaurant in an area you’ve never explored, begin to savor your daily walk to work, or set out with a daypack to the city edges for fresh air and nature. Despite the known health benefits of routine walking, many people don’t have pleasant, safe places to walk. Too often, street networks have barriers—cul-de-sacs, freeways, or busy, dangerous-to-cross, arterials. Many lack sidewalks at all. There is a clear need for high-quality, readily accessible pedestrian infrastructure in and around urban areas. In *Beyond Greenways: The Next Step for City Trails and Walking Routes*, greenways expert Robert Searns makes a case for walking infrastructure that serves a more diverse array of people. He builds on the legacy of boulevards, parkways, and greenways to introduce a next generation of more accessible pathways, wide enough for two people to stroll together, that stitch together urban and suburban areas. With more trails built near neighborhoods that haven’t had access to them, more people can get around on foot, in town or further out. Searns lays out practical advice on how to plan and design them, garner community support, and get them built. Drawing inspiration from the US and abroad, he introduces two models—grand loop trails and town walks. Grand loop trails are regional-scale, 20 to 350-mile systems that encircle metro areas, running along the edges where city meets countryside. Town walks are shorter—2 to 6-mile routes in cities. Throughout, Searns presents examples that embody these ideals, from Tucson’s Turquoise Trail, created by just two people with an idea and some left-over blue paint the city had, to a more deluxe 5-mile loop in Denver, to the Maricopa trail in Phoenix, a completed 315 mile grand loop. He also envisions these trails in new places across North America. Planners, trail advocates, community leaders and those who just want closer-in places to hike or walk will find the tools they need to develop successful and affordable plans, including how to envision them to fit various settings and strategies for implementation. Now is the time to think beyond greenways, to pursue a legacy of accessible pedestrian routes for this, and future, generations.

humana go365 wellness program: Too Smart Jathan Sadowski, 2020-03-24 Who benefits from smart technology? Whose interests are served when we trade our personal data for convenience and connectivity? Smart technology is everywhere: smart umbrellas that light up when rain is in the forecast; smart cars that relieve drivers of the drudgery of driving; smart toothbrushes that send your dental hygiene details to the cloud. Nothing is safe from smartification. In *Too Smart*, Jathan Sadowski looks at the proliferation of smart stuff in our lives and asks whether the tradeoff—exchanging our personal data for convenience and connectivity—is worth it. Who benefits from smart technology? Sadowski explains how data, once the purview of researchers and policy wonks, has become a form of capital. Smart technology, he argues, is driven by the dual imperatives

of digital capitalism: extracting data from, and expanding control over, everything and everybody. He looks at three domains colonized by smart technologies' collection and control systems: the smart self, the smart home, and the smart city. The smart self involves more than self-tracking of steps walked and calories burned; it raises questions about what others do with our data and how they direct our behavior—whether or not we want them to. The smart home collects data about our habits that offer business a window into our domestic spaces. And the smart city, where these systems have space to grow, offers military-grade surveillance capabilities to local authorities. Technology gets smart from our data. We may enjoy the conveniences we get in return (the refrigerator says we're out of milk!), but, Sadowski argues, smart technology advances the interests of corporate technocratic power—and will continue to do so unless we demand oversight and ownership of our data.

humana go365 wellness program: Exercise Oncology Kathryn H. Schmitz, 2020-05-04 This groundbreaking book presents a unique and practical approach to the evolving field of exercise oncology - the study of physical activity in the context of cancer prevention and control. Presenting the current state of the art, the book is sensibly divided into four thematic sections. Following an opening chapter presenting an overview and timeline of exercise oncology, the chapters comprising part I discuss primary cancer prevention, physical activity and survivorship, and the mechanisms by which these operate. Diagnosis and treatment considerations are discussed in part II, including prehabilitation, exercise during surgical recovery, infusion and radiation therapies, and treatment efficacy. Post-treatment and end-of-life care are covered in part III, including cardio-oncology, energetics and palliative care. Part IV presents behavioral, logistical and policy-making considerations, highlighting a multidisciplinary approach to exercise oncology as well as practical matters such as reimbursement and economics. Written and edited by experts in the field, Exercise Oncology will be a go-to practical resource for sports medicine clinicians, family and primary care physicians, oncologists, physical therapy and rehabilitation specialists, and all medical professionals who treat cancer patients.

humana go365 wellness program: Reach for Greatness Yong Zhao, 2018-01-09 Make education personalizable - Every child can be great when they own their learning For years, focusing on the achievement gap has led to the same result: We hope for greatness and settle for competence. But why settle? It's time to recognize that the potential for greatness lies in a unique form within each child, and that the goal of education should be to encourage and develop it. This inspiring manifesto brings in research from different disciplines to show where children's strengths and passions can be found, and how personalizable education uncovers them. Also included: Strategies for implementing personalizable education Examples showing practices that have gone wrong—and right Guidance for teaching disadvantaged students Every child has the potential to be great. Teaching for greatness gives students control of their own learning—and guides them toward future happiness and success. Are you tired of gimmicks like personalized learning that have become empty slogans, but keen for the real depth and substance of an education that helps all students to reach their full potential? If so, Yong Zhao's Reaching for Greatness is the book for you! With vivid examples and carefully scaffolded argumentation, Zhao shows how what he calls personalizable education offers an exciting and practical future for all of our students truly to become great. Zhao's writing is full of whimsy and humor, so that you can't wait to see what this wonderful alchemist of educational change is going to say next. Best of all, this gem of a book is one that not only all teachers, but also a rising generation of students, will cherish as well. --Dennis Shirley, Professor, Lynch School of Education, Boston College, Editor-in-Chief, Journal of Educational Change. Once again Yong pulls us from our narrow view of what education is and reminds us what it needs to be. Personalized education (as opposed to the ubiquitous and limited notion of personalized learning) is essential for a time in which we need to recognize and cultivate the diverse strengths of our students for their own good and our shared future on earth. Poignant stories from Yong's global travels to schools make the research in this call to action relatable and accessible for all educational stakeholders. This is an important read! --Emily McCarren, Academy Principal, Punahou School,

co-author of The Take Action Guides to World Class Learners book series.

humana go365 wellness program: *The Digital Citizenship Handbook for School Leaders* Mike Ribble, Marty Park, 2022-08-24 Learn how to develop a meaningful approach to embedding digital citizenship into an established program, helping your students succeed in a digital world. In today's schools and districts, just saying "no" to bad technology practices is not enough. This leadership posture can take the form of extreme blocking and filtering of websites, providing little access to devices and declining to integrate digital tools and resources into learning out of fear of what else a student might do. Such a mindset can also lead to adults choosing not to engage -- or being unable to engage -- in conversations when students share stories about what a peer did online or through the latest app. Digital citizenship curriculum needs to be taught at two levels at once -- horizontal (the world immediately around students) and vertical (connecting to the rest of the world). This book provides education leaders a strategic road map that demonstrates how to incorporate these concepts into the curriculum so that digital citizenship isn't just "one more thing," but is threaded into the DNA of how educators teach and work. The book: • Provides a five-year-plan for developing a digital citizenship program in your school. • Covers such topics as digital ethics and leveled approaches to digital citizenship. • Walks through the digital citizenship responsibilities and opportunities inherent in various roles, including library media specialists, classroom educators and special ed teachers. • Offers strategies for spreading digital citizenship internationally and explores the future of digital citizenship. The book offers school and district leaders a path toward a shared and collective understanding so that digital citizenship is embedded in the way students and educators interact with technology and each other. It is a guide for school communities to discover which practices, in the end, will lead to better people.

humana go365 wellness program: I Am a Soldier, Too Rick Bragg, 2003-11-11 NATIONAL BESTSELLER • The Pulitzer Prize-winning journalist and bestselling author lends his remarkable narrative skills to the story of the most famous POW this country has known. In *I Am a Soldier, Too*, Bragg lets Jessica Lynch tell the story of her capture in the Iraq War in her own words--not the sensationalized ones of the media's initial reports. Here we see how a humble rural upbringing leads to a stint in the military, one of the most exciting job options for a young person in Palestine, West Virginia. We see the real story behind the ambush in the Iraqi Desert that led to Lynch's capture. And we gain new perspective on her rescue from an Iraqi hospital where she had been receiving care. Here Lynch's true heroism and above all, modesty, is allowed to emerge, as we're shown how she managed her physical recovery from her debilitating wounds and contended with the misinformation--both deliberate and unintended--surrounding her highly publicized rescue. In the end, what we see is a uniquely American story of courage and true heroism.

humana go365 wellness program: Health Care Fraud and Abuse Aspen Health Law Center, 1998 Stepped-up efforts to ferret out health care fraud have put every provider on the alert. The HHS, DOJ, state Medicaid Fraud Control Units, even the FBI is on the case -- and providers are in the hot seat! in this timely volume, you'll learn about the types of provider activities that fall under federal fraud and abuse prohibitions as defined in the Medicaid statute and Stark legislation. And you'll discover what goes into an effective corporate compliance program. With a growing number of restrictions, it's critical to know how you can and cannot conduct business and structure your relationships -- and what the consequences will be if you don't comply.

humana go365 wellness program: Workplace Wellness that Works Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs *Workplace Wellness That Works* provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for

tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? Workplace Wellness That Works shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, Workplace Wellness That Works skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

humana go365 wellness program: *Reality Is Broken* Jane McGonigal, 2011-01-20 “McGonigal is a clear, methodical writer, and her ideas are well argued. Assertions are backed by countless psychological studies.” —The Boston Globe “Powerful and provocative . . . McGonigal makes a persuasive case that games have a lot to teach us about how to make our lives, and the world, better.” —San Jose Mercury News “Jane McGonigal's insights have the elegant, compact, deadly simplicity of plutonium, and the same explosive force.” —Cory Doctorow, author of *Little Brother* A visionary game designer reveals how we can harness the power of games to boost global happiness. With 174 million gamers in the United States alone, we now live in a world where every generation will be a gamer generation. But why, Jane McGonigal asks, should games be used for escapist entertainment alone? In this groundbreaking book, she shows how we can leverage the power of games to fix what is wrong with the real world—from social problems like depression and obesity to global issues like poverty and climate change—and introduces us to cutting-edge games that are already changing the business, education, and nonprofit worlds. Written for gamers and non-gamers alike, *Reality Is Broken* shows that the future will belong to those who can understand, design, and play games. Jane McGonigal is also the author of *SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient*.

humana go365 wellness program: *Under Observation: The Interplay Between eHealth and Surveillance* Samantha Adams, Nadezhda Purtova, Ronald Leenes, 2016-12-31 The essays in this book clarify the technical, legal, ethical, and social aspects of the interaction between eHealth technologies and surveillance practices. The book starts out by presenting a theoretical framework on eHealth and surveillance, followed by an introduction to the various ideas on eHealth and surveillance explored in the subsequent chapters. Issues addressed in the chapters include privacy and data protection, social acceptance of eHealth, cost-effective and innovative healthcare, as well as the privacy aspects of employee wellness programs using eHealth, the use of mobile health app data by insurance companies, advertising industry and law enforcement, and the ethics of Big Data use in healthcare. A closing chapter draws on the previous content to explore the notion that people are ‘under observation’, bringing together two hitherto unrelated streams of scholarship interested in observation: eHealth and surveillance studies. In short, the book represents a first essential step towards cross-fertilization and offers new insights into the legal, ethical and social significance of being ‘under observation’.

humana go365 wellness program: *Kiss & Sell: Writing for Advertising* Robert Sawyer, 2006-08-16 *Kiss & Sell- Writing for Advertising (Redesigned & ReKissed)* is an exploration of all aspects of copywriting. The book discusses different subjects and media, from print and broadcast to interactive media, as well as tactics and strategies employed by copywriters. The text is supported by insightful interviews with leading practitioners and a wide variety of some of the most successful advertising copy ever produced. *Kiss & Sell* does not judge the work it uses to illustrate its various points. There are no right and wrong examples. Instead, the book helps students as well as professionals to distinguish between their tastes or preferences and an objective or critical reading

of the examples.

humana go365 wellness program: The Naked Employee Frederick S. Lane (III.), 2003

humana go365 wellness program: A Chance in the World Steve Pemberton, 2012-01-10 A stirring account of courage, hope, and victory, *A Chance in the World* is the extraordinary story of what is possible when you dare to believe. Home is the place where our life stories begin. It is where we are understood, embraced, and accepted. It is a sanctuary of safety and security, a place to which we can always return. Down in the dank basement, amidst my moldy, hoarded food and beloved worm-eaten books, I dreamed that my real home, the place where my story had begun, was out there somewhere, and one day I was going to find it. Taken from his mother at age three, Steve Klakowicz lives a terrifying existence. Caught in the clutches of a cruel foster family and subjected to constant abuse, he finds his only refuge in a box of books gifted to him by a kind stranger. In these books, he discovers new worlds he can only imagine and gains hope that one day he might have a different life, that one day he will find his true home. Armed with just a single clue, Steve embarks on an extraordinary quest for his identity, only to find that nothing is as it appears. *A Chance in the World* is the unbelievable true story of a broken boy destined to become a man of resilience, determination, and vision. Through it all, Steve's story teaches us that no matter how broken our past, we have it in us to create a new beginning and to build a new place, where love awaits.

humana go365 wellness program: The Enthusiastic Employee David Sirota, Louis A.

Mischkind, Michael Irwin Meltzer, 2005-01-01 Enthusiastic employees outproduce and outperform. They step up to do the impossible. They rally each other in tough times. Most people are enthusiastic when they're hired: hopeful, ready to work hard, eager to contribute. What happens to dampen their enthusiasm? Management, that's what.

humana go365 wellness program: Vascular Surgical Techniques Roger M. Greenhalgh,

2014-04-24 *Vascular Surgical Techniques* describes a number of complex and controversial operations performed by the most eminent vascular surgeons from around the world. This book focuses on operations in which special maneuvers or aspects of technique are important in determining a successful outcome, such as arterial surgery that includes procedures for revascularization of the brain, operations on the larger arteries, and microvascular surgery. The problems associated with aortic surgery and its important branches to the kidneys and viscera are also covered. This text likewise considers surgery to the profunda femoris artery and lower limb revascularization that involves a bypass technique of one sort or another. The methods of performing one of surgery's main controversies that concerns the most effective way to reconstruct the femorodistal segment are also deliberated. This publication is intended for practicing general and vascular surgeons, but is also valuable to general surgical trainees with an interest in the field of vascular surgery.

humana go365 wellness program: Suspicious History Jack Zevin, 2021-04-15

Suspicious aims at providing teachers and students of history and related social sciences with ideas for critical thinking about past and present applied to documentation, images, and historical writing. Issues of perspective, bias, storytelling, patriotism and heroism, as well as interpretation are distributed among different chapters, along with guidance for making discussion provocative and involving, in light of principles for rethinking history.

humana go365 wellness program: Financialization and Strategy Julie Froud, Sukhdev

Johal, Adam Leaver, Karel Williams, 2006-04-18 Considering the recent impact of the capital market on corporate strategy, this text analyzes, through argument and supportive case studies, how pressures from the capital bull market of the 1990s and bear market of the early 2000s, have reshaped management action and calculation in large, publicly quoted US and UK corporations. Beginning with the dissatisfaction with classical strategy and its limited engagement with the processes of financialization, the book moves on to cover three detailed company case studies (General Electric, Ford and GlaxoSmithKline) which use long run financial data and analysis of company and industry narratives to illustrate and explore key themes. The book emphasizes the

importance of company and industry narrative, while also analyzing long term financial results, and helps to explain the limits of management action and the burden of expectations placed on corporate governance. Presenting financial and market information on trajectory in an accessible way, this book provides a distinctive, critical social science account of management in large UK and US corporations, and it is a valuable resource for students, scholars and researchers of business, management, political economy and non-mainstream economics. short listed for the 2007 IPEG Book Prize

humana go365 wellness program: Impact Founder Kristin R Darga, 2017-09-15 This is a book about generosity and about boundaries. The generosity to build something bigger than yourself, and to do it for other people. And the boundaries that are required to do it without losing yourself and your life in the process. -Seth Godin, Author of Linchpin

humana go365 wellness program: *The Public Employees' Retirement Act; 1945* Montana, Montana Public Employees' Retirement, 2021-09-10 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

humana go365 wellness program: *Humans and Machines at Work* Phoebe V. Moore, Martin Upchurch, Xanthe Whittaker, 2017-10-06 This edited collection provides a series of accounts of workers' local experiences that reflect the ubiquity of work's digitalisation. Precarious gig economy workers ride bikes and drive taxis in China and Britain; call centre workers in India experience invasive tracking; warehouse workers discover that hidden data has been used for layoffs; and academic researchers see their labour obscured by a 'data foam' that does not benefit them. These cases are couched in historical accounts of identity and selfhood experiments seen in the Hawthorne experiments and the lineage of automation. This book will appeal to scholars in the Sociology of Work and Digital Labour Studies and anyone interested in learning about monitoring and surveillance, automation, the gig economy and the quantified self in the workplace.

humana go365 wellness program: *Risks in the Making* Ine van Hoyweghen, 2007 In recent decades, insurance companies, scientists, and public officials have debated the potential use of genetic testing in insurance decisions. With *Risks in the Making*, Ine van Hoyweghen alters the terms of the debate, moving it from abstract, theoretical grounds to the question of how insurance companies actually work. Through an empirical ethnographic study of life insurance in Belgium, van Hoyweghen reveals fascinating and important details about insurance practices and risk management, underscoring the diversity of insurance markets, underwriting practices, and strategies.

humana go365 wellness program: *We Are Data* John Cheney-Lippold, 2017-05-02 What identity means in an algorithmic age: how it works, how our lives are controlled by it, and how we can resist it Algorithms are everywhere, organizing the near limitless data that exists in our world. Derived from our every search, like, click, and purchase, algorithms determine the news we get, the ads we see, the information accessible to us and even who our friends are. These complex configurations not only form knowledge and social relationships in the digital and physical world, but also determine who we are and who we can be, both on and offline. Algorithms create and recreate us, using our data to assign and reassign our gender, race, sexuality, and citizenship status. They can recognize us as celebrities or mark us as terrorists. In this era of ubiquitous surveillance, contemporary data collection entails more than gathering information about us. Entities like Google, Facebook, and the NSA also decide what that information means, constructing our worlds and the

identities we inhabit in the process. We have little control over who we algorithmically are. Our identities are made useful not for us—but for someone else. Through a series of entertaining and engaging examples, John Cheney-Lippold draws on the social constructions of identity to advance a new understanding of our algorithmic identities. *We Are Data* will educate and inspire readers who want to wrest back some freedom in our increasingly surveilled and algorithmically-constructed world.

humana go365 wellness program: Shifting Solidarities Ine Van Hoyweghen, Valeria Pulignano, Gert Meyers, 2020-06-23 *Shifting Solidarities* offers a comprehensive analysis of solidarity at a time when major social transformations have penetrated the heart of European societies, disrupting markets and labour relations, transforming social practices, and affecting the moral infrastructure of European welfare states. Factors such as the economic crisis, migration, digitalisation, and climate change all contribute to a sense of emergency. This volume considers how, in times of crisis, there are calls for solidarity by various new social and political actors and movements. The contributions present a broad array of empirical work and critical scholarship, zooming in on shifting solidarities in various domains of social life, including work, social policy, health care, religion, family, gender and migration. This compelling volume provides a unique resource for understanding solidarity in contemporary Europe, and will be a vital text for students and scholars across sociology, social policy, cultural studies, employment/labour markets and organisation studies, migration studies and European studies.

humana go365 wellness program: Self-Tracking Gina Neff, Dawn Nafus, 2016-06-24 What happens when people turn their everyday experience into data: an introduction to the essential ideas and key challenges of self-tracking. People keep track. In the eighteenth century, Benjamin Franklin kept charts of time spent and virtues lived up to. Today, people use technology to self-track: hours slept, steps taken, calories consumed, medications administered. Ninety million wearable sensors were shipped in 2014 to help us gather data about our lives. This book examines how people record, analyze, and reflect on this data, looking at the tools they use and the communities they become part of. Gina Neff and Dawn Nafus describe what happens when people turn their everyday experience—in particular, health and wellness-related experience—into data, and offer an introduction to the essential ideas and key challenges of using these technologies. They consider self-tracking as a social and cultural phenomenon, describing not only the use of data as a kind of mirror of the self but also how this enables people to connect to, and learn from, others. Neff and Nafus consider what's at stake: who wants our data and why; the practices of serious self-tracking enthusiasts; the design of commercial self-tracking technology; and how self-tracking can fill gaps in the healthcare system. Today, no one can lead an entirely untracked life. Neff and Nafus show us how to use data in a way that empowers and educates.

humana go365 wellness program: History of Cleopatra, Queen of Egypt Jacob Abbott, 2009-01-01 Abraham Lincoln raved that this series of historical biographies gave him just that knowledge of past men and events which I need. I have read them with the greatest interest. To them I am indebted for about all the historical knowledge I have. Considered what we would now call young adult literature, this collection, first published between 1848 and 1871, was designed to present a clear, distinct, connected narrative of the lives of the great figures of world history, those people who have been most influential, at least as American author and educator JACOB ABBOTT (1803-1879) saw it from his 19th-century perspective. Wildly popular and republished many times under different collected names, this replica set mimics the 1904 reprint known as the *Makers of History* series. It will delight students of history as well as show the scholar how history telling has changed over the last few centuries. More than 30 other volumes in the series are also available from Cosimo Classics. This volume, dating from 1851, covers Egyptian queen Cleopatra (69Bi30Be, from before her ascension to the throne to her relationships with Caesar and Antony, the Alexandrine War, and much more.

humana go365 wellness program: The Quantified Self in Precarity Phoebe V. Moore, 2017-09-11 Humans are accustomed to being tool bearers, but what happens when machines

become tool bearers, calculating human labour via the use of big data and people analytics by metrics? The Quantified Self in Precarity highlights how, whether it be in insecure 'gig' work or office work, such digitalisation is not an inevitable process – nor is it one that necessarily improves working conditions. Indeed, through unique research and empirical data, Moore demonstrates how workplace quantification leads to high turnover rates, workplace rationalisation and worker stress and anxiety, with these issues linked to increased rates of subjective and objective precarity. Scientific management asked us to be efficient. Now, we are asked to be agile. But what does this mean for the everyday lives we lead? With a fresh perspective on how technology and the use of technology for management and self-management changes the 'quantified', precarious workplace today, *The Quantified Self in Precarity* will appeal to undergraduate and postgraduate students interested in fields such as Science and Technology, Organisation Management, Sociology and Politics.

humana go365 wellness program: *The Unlearning Leader* Michael Lubelfeld, Nick Polyak, 2017-02-15 *The Unlearning Leader* is about how today's leaders need to connect for success. The premise of this book is that we all need to unlearn. In order to change and prepare for tomorrow, the authors submit that much of what leaders have learned must be unlearned as we aim to create a new tomorrow for our nation's children. The learning purposes of this book include: Energize people to think, act, and lead differently Embody innovative mindsets Model and share new ways of leading from within the organization Put forth the power and positive impact and legacy for leadership Unlearn old truths to lead in new ways Leverage connection opportunities like #suptchat to lead and learn for tomorrow

humana go365 wellness program: Unlocking High Performance Jason Lauritsen, 2018 Supercharge your workforce with this practical guide to designing a performance management process that motivates, engages and empowers staff.

humana go365 wellness program: *You Don't Know Everything, Jilly P! (Scholastic Gold)* Alex Gino, 2018-09-25 Alex Gino, the Lambda Literary Award-winning author of *Melissa*, is back with another sensitive tale based on increasingly relevant social justice issues. Jilly thinks she's figured out how life works. But when her sister, Emma, is born deaf, she realizes how much she still has to learn. The world is going to treat Jilly, who is white and hearing, differently from Emma, just as it will treat them both differently from their Black cousins. A big fantasy reader, Jilly makes a connection online with another fantasy fan, Derek, who is a Deaf, Black ASL user. She goes to Derek for help with Emma but doesn't always know the best way or time to ask for it. As she and Derek meet in person, have some really fun conversations, and become friends, Jilly makes some mistakes . . . but comes to understand that it's up to her, not Derek to figure out how to do better next time--especially when she wants to be there for Derek the most. Within a world where kids like Derek and Emma aren't assured the same freedom or safety as kids like Jilly, Jilly is starting to learn all the things she doesn't know--and by doing that, she's also working to discover how to support her family and her friends. With *You Don't Know Everything, Jilly P!*, award-winning author Alex Gino uses their trademark humor, heart, and humanity to show readers how being open to difference can make you a better person, and how being open to change can make you change in the best possible ways.

humana go365 wellness program: 50 Myths and Lies That Threaten America's Public Schools David C. Berliner, Gene V. Glass, 2014-03-07 This book is guaranteed to spark lively debates and critical thinking in any classroom! Two of the most respected voices in education identify 50 myths and lies that threaten America's public schools. Berliner and Glass argue that many citizens conception of K12 public education in the United States is more myth than reality. Warped opinions about our nations public schools include: they are inferior to private schools; they are among the worst in the world in math and science; teachers should be fired if their students dont score at the national average, and on and on. With more than a little humor, Berliner and Glass separate fact from fiction in this comprehensive look at modern education reform. They explain how the mythical failure of public education has been created and perpetuated in large part by political and economic

interests who stand to gain from its destruction. They expose a rapidly expanding variety of organizations and media that intentionally misrepresent facts. Where appropriate, they name the promoters of the hoax and point out how their interests are served by encouraging false beliefs. Their method of debunking these falsehoods is to argue against their logic, criticize the data supporting them, and present more credible contradictory data. This dynamic book features short essays on important topics to provide every teacher, administrator, school board member, and concerned parent with reliable knowledge from authoritative sources.

humana go365 wellness program: ConnectED Leaders Brian K. Creasman, Bernadine Futrell, Trish Rubin, 2019-01-12 ConnectED Leaders is a call to action for superintendents and school system leaders to grow lead and engage in professional leadership networks. The book is based on principles developed in our professional roles as authors, a district superintendent, educational researcher, non-profit leader, leadership development expert, and a K-16 branding consultant for education and business and our personal roles and as friends, siblings, co-workers and parents. The position we claim in highlighting professional leadership networks is grounded in our work and experience. Our belief in professional leadership networks leads us to collaborate upon the superintendency's need to employ a strategy of growing professional networks, a first book in today's literature. We intend to help superintendents, novice or veteran, and other school system leaders recognize the importance of collaboration through professional leadership networks at a critical point in public education. With the call for more leadership collaboration and less isolation in today's schools, we offer school system leaders essential principles of networking, that will help them develop and engage in strategic opportunities of collaboration as a means to strengthen and improve the superintendency, their school district organization, and their students' success.

humana go365 wellness program: No Sweat Michelle Segar, 2015-06-10 Do you secretly hate exercising? Struggle to stick with a program? Millions of people try and fail to stay fit. But what if exercising is the real problem, not you? Motivation scientist and behavior expert Michelle Segar translates years of research on exercise and motivation into a simple four-point program that will empower you to break the cycle of exercise failure once and for all. You'll discover why you should forget about willpower and stop gritting your teeth through workouts you hate. Instead, you'll become motivated from the inside out and start to crave physical activity. In No Sweat, Segar will help you find: A step-by-step program for staying encouraged to exercise Pleasure in physical activity Realistic ways to fit fitness into your life The success of the clients Segar has coached testifies to the power of her program. Their stories punctuate the book, entertaining and emboldening you to break the cycle of exercise failure once and for all. Practical, proven, and loaded with inspiring stories, No Sweat makes getting fit easier--and more fun--than you ever imagined. Get ready to embrace an active lifestyle that you'll love!

humana go365 wellness program: An Accidental Life Pamela Binnings Ewen, 2013 A New Orleans senior district attorney and his lawyer wife are caught up in a faith-testing courtroom battle involving the rights of infants born alive during abortions.

humana go365 wellness program: Devising Consumption Liz McFall, 2015 The book explores the vital role played by the financial service industries in enabling the poor to consume over the last hundred and fifty years. Spending requires means, but these industries offered something else as well - they offered practical marketing devices that captured, captivated and enticed poor consumers. Consumption and consumer markets depend on such devices but their role has been poorly understood both in the social sciences and in business studies and marketing. While the analysis of consumption and markets has been carved up between academics and practitioners who have been interested in either their social and cultural life or their economic and commercial organisation, consumption continues to be driven by their combination. Devising consumption requires practical mixtures of commerce and art whether the product is an insurance policy or the next gadget in the internet of things . By making the case for a pragmatic understanding of how ordinary, everyday consumption is orchestrated, the book offers an alternative to orthodox approaches, which should appeal to interdisciplinary audiences interested in questions about how

markets work and why it matters.

humana go365 wellness program: Present! a Techie's Guide to Public Speaking Poornima Vijayashanker, Karen Catlin, 2015-11-02 The ultimate interactive public speaking guide from tech speakers Poornima Vijayashanker and Karen Catlin that prepares and encourages techies to discover their expertise, confidently share it, and successfully level up in their careers. Techies around the world can now jump start and grow their speaking careers with the book, Present! A Techie's Guide to Public Speaking, written by tech leaders, Poornima Vijayashanker and Karen Catlin. The book serves as a resource for technology professionals who want or need to develop the skills to communicate their expertise effectively, whether in a meeting at work or delivering an engaging talk at a conference. Poornima, who is the founder of Femgineer and the founding engineer of Mint.com, collaborated with former Adobe vice president and founder of Karen Catlin Consulting, Karen Catlin, to compile and share their lessons, tips, and techniques learned from their own experiences as professional tech speakers. Karen and I wanted to write this book so that our fellow techies would have a comprehensive resource to help them with their own public speaking endeavors. So many folks in the tech industry have amazing ideas and experience, but they often feel stuck on how to present them effectively. Also, our hope is that more women will be inspired by our stories and encouraged to get out there and share their own valuable expertise through public speaking in order to boost representation of women tech speakers, Poornima said. Present! covers public speaking from A to Z. Through stories, examples, and interactive exercises, Poornima and Karen dive into topics including, overcoming stage fright, exploring personal speaking style, creating the right talk for the right audience, polishing presence and delivery, and nailing any type of talk, whether it's a lightning or long-form talk or being part of a panel. Karen said, Even though Poornima and I are professional speakers, we felt it was important to share our own feelings of nerves and uncertainty, and bumps we've had along the way - and sometimes continue to experience. It was important for us to communicate that no one is perfect and it really is okay when talks don't always go according to plan. Our hope is that by being open, we'll be able to give others the confidence and the techniques to handle situations when they arise, deliver an amazing presentation, and most importantly, have FUN!

humana go365 wellness program: Life on Purpose Victor J. Strecher, 2016-05-10 A pioneer in the field of behavioral science delivers a groundbreaking work that shows how finding your purpose in life leads to better health and overall happiness. Your life is a boat. You need a rudder. But it doesn't matter how much wind is in your sails if you're not steering toward a harbor—an ultimate purpose in your life. While the greatest philosophers have pondered purpose for centuries, today it has been shown to have a concrete impact on our health. Recent studies into Alzheimer's, heart disease, stroke, depression, functional brain imaging, and measurement of DNA repair are shedding new light on how and why purpose benefits our lives. Going beyond the fads, opinions, and false hopes of "expert" self-help books, Life on Purpose explores the incredible connection between purposeful living and the latest scientific evidence on quality of life and longevity. Drawing on ancient and modern philosophy, literature, psychology, evolutionary biology, genetics, and neuroscience, as well as his experience in public health research, Dr. Vic Strecher reveals the elements necessary for a purposeful life and how to acquire them, and outlines an elegant strategy for improving energy, willpower, and long-term happiness, and well-being. He integrates these core themes into his own personal story—a tragedy that led him to reconsider his own life—and how a deeper understanding of purposeful living helped him not only survive, but thrive. Illuminating, accessible, and authentically grounded in real people's experiences, Life on Purpose is essential reading for everyone seeking lasting improvement in their lives.

humana go365 wellness program: The Better Allies Approach to Hiring Karen Catlin, 2020-01-09 Are you struggling to diversify your workforce? Is your company consistently missing its diversity goals? You may hear colleagues saying, We'd hire more women or people of color if we could find them, but the pipeline isn't truly to blame. There are proven approaches for connecting with qualified candidates from underrepresented demographics. And when you know how to design

a hiring process that will set them up for success, they'll be eager to accept your offer. Building on the momentum of her book, *Better Allies: Everyday Actions to Create Inclusive, Engaging Workplaces*, Karen Catlin has created this helpful hiring guide filled with best practices to recruit and hire people from underrepresented ethnicities and genders, with non-traditional educational backgrounds, with gaps on their resumes, or from older generations. With examples, stories, checklists, rubrics, and guidelines galore, this unique tool will help you transform your hiring process to attract and retain diverse applicants. Read this guidebook for actionable steps you can take to fill your pipeline with candidates from underrepresented groups and ensure you have an inclusive interview process that paves the way to a more diverse workforce.

humana go365 wellness program: Rest in the Storm Kirk Byron Jones, 2020-11 A best-seller among seminarians and seasoned leaders alike, this 20th anniversary edition offers updated and expanded content for readers familiar with the original as well as those new to the work. In both modest and substantial additions throughout, the expanded edition also features a new Author's Introduction, two fresh chapters on Cultivating Meaningful Friendships and Unleashing Dynamic Creativity, and two original sermons, *Living at a Sacred Pace* and *Stopping, Stepping Back, and Stepping Up Stronger!*

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