GET ACTIVE WITH SWARM

‘BEE’ ACTIVE WITH SWARM

(Students With Active Role Models) 2016–2017 School Year

Get rewarded by Go365™ for bringing physical activity to your school

KYHJ29REN 0716

#KYSWARM

Getting in shape is now even more rewarding!

Healthier teachers and staff lead to healthier students

Challenge yourself to make a change with Go365, an incentive-based wellness rewards program. Getting active and staying fit is a great accomplishment. Even more exciting is turning your hard work into products and services you'll actually use! You can walk, run and jump your way to great gift cards from retailers like Amazon, Target® and iTunes. Or treat yourself to fitness gear and Apple products, plus much more.

"Bee" the positive role model your students need

When you commit to good health practices, you instantly become a positive role model for students. Even better, get the entire staff involved to create an overall culture of well-being at your school. Teachers and other school staff members can integrate physical activity into classroom academic instruction, as well as support recess, intramurals and other school-based events.

Tracking and submitting your Points is simple!

Tally up your SWARM activity Points as long as you (the school staff member) and at least one student were active during the minutes being reported. Track your minutes on the SWARM calendar and submit the SWARM submission form at the end of each semester.

Need some ideas on how to get started?

Visit the www.LivingWell.ky.gov School Champs page for resources on bringing physical activity to your school. There you'll find partner sites such as Let's Move Active Schools and the Kentucky Department of Education Coordinated School Health Pages.

How can I get rewarded with SWARM?

It's easy! The SWARM program and Go365 reward teachers and staff for participating in physical activity throughout the school year.

To qualify, you and at least one student must track your participation in any qualifying physical activity (e.g., a "brain booster" in the classroom, walking at recess, etc.).

You earn Points for completing one of the following levels of activity per semester:

- Level 1 (250 Points)
  - 800–1,599 minutes total (10 min/day or 50 min/week on average)
- Level 2 (350 Points)
  - 1,600–2,399 minutes total (20 min/day or 100 min/week on average)
- Level 3 (500 Points)
  - 2,400+ minutes total (30 min/day or 150 min/week on average)

(Assuming a 16+ week semester)

Note: SWARM activity is subject to the Go365 athletic event Points limit of 3,000 Points per program year.

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Get your Points!

Complete and submit this activity form

To receive Points, you must send in this form, along with your completed SWARM Semester Tracking Calendar sheets (included in this brochure) within 90 calendar days of the activity completion date. You can earn Points for activities you take part in each semester. The final day of each semester is the last day you can earn Points for that semester. Please keep a copy of your completed form and calendar sheets for your records.

Submit your forms for each SWARM semester

Section A: Member information – please print	
First name:	Last name:
Member / Subscriber (Sub) ID#:	Date of birth (MM/DD/YYYY):
Phone number:	

Section B: SWARM Information – please print	
Select activity level for SWARM: ☐ Level 1 (250 points) – 800–1,599 total minutes ☐ Level 2 (350 points) – 1,600–2,399 total minutes ☐ Level 3 (500 points) – 2,400+ total minutes	Semester: ☐ Fall (August–December) ☐ Spring (January–May) Year:
School name:	School county/district:

Section C: Proof
Submit your SWARM Semester Tracking Calendar (included in this brochure) with this form.

Additional information:
The start/end and award dates are on a per–semester basis. As a teacher or school staff member, you are eligible for a limit of one award per semester (August–December and January–May), and the Point value is based on the number of "active" minutes you record. Points are only awarded when the teacher/staff member and at least one student were active during the tracked minutes being reported. Activity must be during regular school hours or during official after-hours school functions. Physical activity class does not count unless the staff member is also active during the minutes being reported. SWARM activity is subject to the Go365 athletic event Points limit of 3,000 Points per program year.

Send the completed form any of these ways:

Online: Visit **Go365.com** and click on this envelope icon or the "Contact Us" link at the top of the page

Fax: **1-877-250-7814**

Mail: Go365
P.O. Box 14613
Lexington, KY 40512-4613

Please note: Go365 reserves the right to confirm the accuracy of information received. Submission of incorrect or inaccurate information may result in the member either losing or not earning Points and Bucks.

#KYSWARM

SWARM activity calendar

2016 – 2017 school year

The SWARM initiative and Go365 reward school teachers and staff for participating in physical activities in their school throughout the school year.

You can track your activity using this calendar.

Remember — the more you move, the more you earn!

- Level 1 (250 Points)
  - 800–1,599 minutes total (10 min/day or 50 min/week on average)
- Level 2 (350 Points)
  - 1,600–2,399 minutes total (20 min/day or 100 min/week on average)
- Level 3 (500 Points)
  - 2,400+ minutes total (30 min/day or 150 min/week on average)

(Assuming a 16+ week semester)

Note: SWARM activity is subject to the Go365 athletic event Points limit of 3,000 Points per program year.

Simple ideas for becoming a wellness role model:

- Leading a morning walking club with students
- Leading brain boosters/energizers in the classroom
- Taking "walk and talk" breaks to get students moving while processing classroom content
- Leading activities during recess, such as walking and fitness challenges

Visit www.LivingWell.ky.gov to learn more

#KYSWARM

SWARM activity calendar

August 2016

Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Today's minutes: _____	2 Today's minutes: _____	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Weekly total: _____
7	8 Today's minutes: _____	9 Today's minutes: _____	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Weekly total: _____
14	15 Today's minutes: _____	16 Today's minutes: _____	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Weekly total: _____
21	22 Today's minutes: _____	23 Today's minutes: _____	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Weekly total: _____
28	29 Today's minutes: _____	30 Today's minutes: _____	31 Today's minutes: _____			
Monthly total: _____						

SWARM activity calendar

September 2016

Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Today's minutes: _____	2 Today's minutes: _____	3 Weekly total: _____
4	5 Today's minutes: _____	6 Today's minutes: _____	7 Today's minutes: _____	8 Today's minutes: _____	9 Today's minutes: _____	10 Weekly total: _____
11	12 Today's minutes: _____	13 Today's minutes: _____	14 Today's minutes: _____	15 Today's minutes: _____	16 Today's minutes: _____	17 Weekly total: _____
18	19 Today's minutes: _____	20 Today's minutes: _____	21 Today's minutes: _____	22 Today's minutes: _____	23 Today's minutes: _____	24 Weekly total: _____
25	26 Today's minutes: _____	27 Today's minutes: _____	28 Today's minutes: _____	29 Today's minutes: _____	30 Today's minutes: _____	
Monthly total: _____						

SWARM activity calendar

October 2016

Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Weekly total: _____
2	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Today's minutes: _____	7 Today's minutes: _____	8 Weekly total: _____
9	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Today's minutes: _____	14 Today's minutes: _____	15 Weekly total: _____
16	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Today's minutes: _____	21 Today's minutes: _____	22 Weekly total: _____
23	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Today's minutes: _____	28 Today's minutes: _____	29 Weekly total: _____
30	31 Today's minutes: _____	Monthly total: _____				

SWARM activity calendar

November 2016

Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Today's minutes: _____	2 Today's minutes: _____	3 Today's minutes: _____	4 Today's minutes: _____	5 Weekly total: _____
6	7 Today's minutes: _____	8 Today's minutes: _____	9 Today's minutes: _____	10 Today's minutes: _____	11 Today's minutes: _____	12 Weekly total: _____
13	14 Today's minutes: _____	15 Today's minutes: _____	16 Today's minutes: _____	17 Today's minutes: _____	18 Today's minutes: _____	19 Weekly total: _____
20	21 Today's minutes: _____	22 Today's minutes: _____	23 Today's minutes: _____	24 Today's minutes: _____	25 Today's minutes: _____	26 Weekly total: _____
27	28 Today's minutes: _____	29 Today's minutes: _____	30 Today's minutes: _____			
Monthly total: _____						

SWARM activity calendar

December 2016

Fall semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Today's minutes: _____	2 Today's minutes: _____	3 Weekly total: _____
4	5 Today's minutes: _____	6 Today's minutes: _____	7 Today's minutes: _____	8 Today's minutes: _____	9 Today's minutes: _____	10 Weekly total: _____
11	12 Today's minutes: _____	13 Today's minutes: _____	14 Today's minutes: _____	15 Today's minutes: _____	16 Today's minutes: _____	17 Weekly total: _____
18	19 Today's minutes: _____	20 Today's minutes: _____	21 Today's minutes: _____	22 Today's minutes: _____	23 Today's minutes: _____	24 Weekly total: _____
25	26 Today's minutes: _____	27 Today's minutes: _____	28 Today's minutes: _____	29 Today's minutes: _____	30 Today's minutes: _____	31 Weekly total: _____

August total: _____

September total: _____

October total: _____

November total: _____

December total: _____

Fall semester total: _____

SWARM activity calendar

January 2017

Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Today's minutes: _____	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Today's minutes: _____	7 Weekly total: _____
8	9 Today's minutes: _____	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Today's minutes: _____	14 Weekly total: _____
15	16 Today's minutes: _____	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Today's minutes: _____	21 Weekly total: _____
22	23 Today's minutes: _____	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Today's minutes: _____	28 Weekly total: _____
29	30 Today's minutes: _____	31 Today's minutes: _____	Monthly total: _____			

SWARM activity calendar

February 2017

Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Today's minutes: _____	2 Today's minutes: _____	3 Today's minutes: _____	4 Weekly total: _____
5	6 Today's minutes: _____	7 Today's minutes: _____	8 Today's minutes: _____	9 Today's minutes: _____	10 Today's minutes: _____	11 Weekly total: _____
12	13 Today's minutes: _____	14 Today's minutes: _____	15 Today's minutes: _____	16 Today's minutes: _____	17 Today's minutes: _____	18 Weekly total: _____
19	20 Today's minutes: _____	21 Today's minutes: _____	22 Today's minutes: _____	23 Today's minutes: _____	24 Today's minutes: _____	25 Weekly total: _____
26	27 Today's minutes: _____	28 Today's minutes: _____	Monthly total: _____			

SWARM activity calendar

March 2017

Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Today's minutes: _____	2 Today's minutes: _____	3 Today's minutes: _____	4 Weekly total: _____
5	6 Today's minutes: _____	7 Today's minutes: _____	8 Today's minutes: _____	9 Today's minutes: _____	10 Today's minutes: _____	11 Weekly total: _____
12	13 Today's minutes: _____	14 Today's minutes: _____	15 Today's minutes: _____	16 Today's minutes: _____	17 Today's minutes: _____	18 Weekly total: _____
19	20 Today's minutes: _____	21 Today's minutes: _____	22 Today's minutes: _____	23 Today's minutes: _____	24 Today's minutes: _____	25 Weekly total: _____
26	27 Today's minutes: _____	28 Today's minutes: _____	29 Today's minutes: _____	30 Today's minutes: _____	31 Today's minutes: _____	
Monthly total: _____						

SWARM activity calendar

April 2017

Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Today's minutes: _____	7 Today's minutes: _____	8 Weekly total: _____
9	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Today's minutes: _____	14 Today's minutes: _____	15 Weekly total: _____
16	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Today's minutes: _____	21 Today's minutes: _____	22 Weekly total: _____
23	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Today's minutes: _____	28 Today's minutes: _____	29 Weekly total: _____
30	Monthly total: _____					

SWARM activity calendar

May 2017

Spring semester

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Today's minutes: _____	2 Today's minutes: _____	3 Today's minutes: _____	4 Today's minutes: _____	5 Today's minutes: _____	6 Weekly total: _____
7	8 Today's minutes: _____	9 Today's minutes: _____	10 Today's minutes: _____	11 Today's minutes: _____	12 Today's minutes: _____	13 Weekly total: _____
14	15 Today's minutes: _____	16 Today's minutes: _____	17 Today's minutes: _____	18 Today's minutes: _____	19 Today's minutes: _____	20 Weekly total: _____
21	22 Today's minutes: _____	23 Today's minutes: _____	24 Today's minutes: _____	25 Today's minutes: _____	26 Today's minutes: _____	27 Weekly total: _____
28	29 Today's minutes: _____	30 Today's minutes: _____	31 Today's minutes: _____			

January total: _____

February total: _____

March total: _____

April total: _____

May total: _____

Spring semester total: _____

Multi-Language Interpreter Services

English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call the number on your ID card (TTY:711).

Español (Spanish): ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación (TTY:711).

繁體中文 (Chinese): 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電會員卡上的電話號碼 (TTY:711)。

Tiếng Việt (Vietnamese): CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số điện thoại ghi trên thẻ ID của quý vị (TTY:711).

한국어 (Korean): 주의 : 한국어를 사용하시는 경우 , 언어 지원 서비스를 무료로 이용하실 수 있습니다 . ID 카드에 적혀 있는 번호로 전화해 주십시오 (TTY:711).

Tagalog (Tagalog – Filipino): PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero na nasa iyong ID card (TTY:711).

Русский (Russian): ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Наберите номер, указанный на вашей карточке-удостоверении (TTY:711).

Kreyòl Ayisyen (French Creole): ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo ki sou kat idantite manm ou (TTY:711).

Français (French): ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro figurant sur votre carte de membre (TTY:711).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Proszę zadzwonić pod numer podany na karcie identyfikacyjnej (TTY:711).

Português (Portuguese): ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para o número presente em seu cartão de identificação (TTY:711).

Italiano (Italian): ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero che appare sulla tessera identificativa (TTY:711).

Deutsch (German): ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Wählen Sie die Nummer, die sich auf Ihrer Versicherungskarte befindet (TTY:711).

日本語 (Japanese): 注意事項：日本語を話される場合、無料の言語支援をご利用いただけます。お手持ちの ID カードに記載されている電話番号までご連絡ください (TTY:711)。

فارسی (Farsi):
توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد.
با شماره تلفن روی کارت شناسایی تان تماس بگیرید (TTY:711).

Diné Bizaad (Navajo): Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'dę́ę́', t'áá jiik'eh, éí ná hóló, námboo ninaaltsoos yézhí, bee néé ho'dólzin bikáá'ígíí bee hólne' (TTY:711).

العربية (Arabic):
ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم الهاتف الموجود على بطاقة الهوية الخاصة بك :711)

Discrimination is against the law

Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Humana Inc. and its subsidiaries provide:

- Free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.
- Free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call the number on your ID card or if you use a **TTY**, call **711**. If you believe that **Humana Inc. and its subsidiaries** have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

Discrimination Grievances
P.O. Box 14618
Lexington, KY 40512 - 4618

If you need help filing a grievance, call the number on your ID card or if you use a **TTY**, call **711**.

You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at **https://ocrportal.hhs.gov/ocr/portal/lobby.jsf**, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800–368–1019, 1-800-537-7697 (TDD)
Complaint forms are available at **http://www.hhs.gov/ocr/office/file/index.html**

Go365 is not an insurance product.

To find out more about integrating Go365 into your school's wellness plan, visit www.LivingWell.ky.gov, click on "Wellness Champs" and then "School District Champs."