

# Get fit. Get rewarded.

## KAISER PERMANENTE FIT REWARDS

With Fit Rewards, you can choose fitness centers<sup>1</sup> in the Standard or Premium Fitness Networks at different price points. The Premium Network adds new fitness center and studio choices. Whatever option you choose, you can earn a reward of up to \$200.<sup>2</sup> Simply work out at your fitness center of choice at least 45 days for a minimum of 30 minutes per visit within the calendar year.



### Standard Fitness Network.

You can still **earn a free gym membership** by selecting a fitness center from the Standard Fitness Network.

### Premium Fitness Network.

Not finding a fit in the Standard Fitness Network? No worries. Select an option in the Premium Network for an additional discounted monthly fee. Whatever option you choose, you'll still be accessing a membership at rates well under market prices.

### What if your favorite workout location isn't part of the Standard or Premium Fitness Networks?

No problem! Use any qualifying nonparticipating fitness center by downloading the ASHConnect™ mobile app for use at more than 50,000 qualifying locations nationwide. Just hit your gym 45 days for at least 30 minutes a visit by the end of the calendar year, and you'll earn your reward.

### FIND THE BEST FIT FOR THE WAY YOU WANT TO WORK OUT!

CHOOSE ONE	ANNUAL FEE	ADDITIONAL MONTHLY FEE	YOUR REWARD <sup>2</sup>
Standard Network	\$200	\$0	\$200
Premium Network	\$200	\$30 - \$200	\$200
Qualifying Nonparticipating Fitness Centers (Outside of Standard and Premium Networks)	You pay standard retail fees directly to fitness center	N/A	\$200

### Get started

Go to [kp.org/fitrewards](https://kp.org/fitrewards) for details or to find your favorite fitness center.



<sup>1</sup>Fitness centers must be qualified fitness organizations operating for the general public.

<sup>2</sup>Rewards are limited to your annual program fee each calendar year. Taxes and additional fees you pay your fitness center for classes, services, or amenities are not included in the program and are not eligible for reimbursement. Please consult with your tax advisor about the taxability of the rewards. Except for earning your annual program fee back by exercising 45 days a year for at least 30 minutes per session at a fitness center, your annual program fee is not refundable and will not be prorated. Any 2023 reward not redeemed by March 31, 2024 will be ineligible for redemption. Medicare and Medicaid (QUEST Integration) members excluded.

# Getting active just got easier.



## FIT REWARDS HOME FITNESS KITS

Stay active no matter where you live or where you like to work out, with a home fitness kit mailed directly to you! Choose one (1) home fitness kit each calendar year from a variety of options for just \$10.<sup>3</sup>

- Garmin® or Fitbit® Wearable Fitness Tracker Kit
- Beginner Yoga Kit with a mat and hand towel
- Intermediate/Advanced Yoga Kit with a yoga strap and 2 yoga blocks
- Beginner, Intermediate, or Advanced Strength Kit with dumbbells and exercise bands
- Pilates Kit with a Pilates ball and towel
- Beginner Swimming Kit with swimming goggles and a kickboard
- Advanced Swimming Kit with aquatic resistance gloves and a pull float

## ADDITIONAL AT-HOME RESOURCES

As a member of the Fit Rewards program, you also have the following no-cost resources available to support home fitness and well-being:

### On-demand digital workout videos

Go to [kp.org/activeandfit](https://kp.org/activeandfit) and get fit with workout videos including core, cardio, strength, yoga, and more, for all fitness levels.

### Healthy Living Coaching

Receive one-on-one lifestyle coaching by phone in areas such as fitness, nutrition, stress, and sleep. Coaches help you set and reach your goals at your own pace.

[kp.org/fitrewards](https://kp.org/fitrewards)



<sup>3</sup>Home Fitness Kit promotional codes cannot be used in combination with any other promotions on third-party vendor websites. Once selected, kits cannot be exchanged. Kits are subject to change.

Kaiser Permanente Fit Rewards is a value-added service and not part of your medical benefits. Your annual program fee does not count toward your health plan's annual out-of-pocket maximum. For details, including limitations and exclusions, see your Evidence of Coverage.

Kaiser Permanente Fit Rewards is administered by American Specialty Health Fitness, Inc. through its Active&Fit Enterprise™ program. American Specialty Health Fitness, Inc. is a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Active&Fit Enterprise, ASHConnect, and the Active&Fit Enterprise logo are trademarks of ASH and used with permission herein. Other names or logos may be trademarks of their respective owners. Fitness center participation varies by location. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit Enterprise program.