



Get fit. Get rewarded.

Kaiser Permanente Fit Rewards

New for 2025! Kaiser Permanente is teaming up with a new fitness organization, Optum, Inc., to bring you an enhanced Fit Rewards program powered by One Pass Select. You can choose fitness centers¹ in the Classic, Standard, Premium, and Elite network tiers at different price points. **All tier memberships offer flexibility allowing you to visit any fitness center within the same tier at no additional cost.** You can change membership tiers monthly, and whichever tier you choose, you can earn a reward of up to \$200 per year.² 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.

Classic Network Tier

You can earn a reward of up to \$200, equivalent to a free gym membership, by selecting a fitness center from the Classic Network Tier.

Standard, Premium, and Elite Network Tiers

Not finding your favorite gym in the Classic Network Tier? No worries. The Standard, Premium and Elite tiers offer additional boutique fitness center and studio options at an additional fee to help you find your fit.

What if your favorite workout location isn't part of the Classic, Standard, Premium, and Elite Fitness Networks?

No problem! Use any qualifying nonparticipating fitness center by tracking your visits on the **kpfitrwards.rallyengage.com** or the Rally Engage app. 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 ³	Your reward
Classic Network Tier	\$200	\$0	\$200
Standard Network Tier		\$25	
Premium Network Tier		\$65	
Elite Network Tier		\$115	
Qualifying Nonparticipating Fitness Centers	You pay standard retail fees directly to your fitness center		

¹ Fitness centers must be qualified fitness organizations operating for the general public.

² 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 2025 reward not redeemed by March 31, 2026 will be ineligible for redemption. Medicare and QUEST (Medicaid) members excluded.

³ Prices are subject to change.

Getting active just got easier.

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:

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! Call **877-265-2906** Monday through Friday, 8 a.m. to 9 p.m. Central Time to order your complimentary \$0 home fitness kit.

- **Strength Kit:** Smash your health goals with our strength kit. Includes resistance and tubing bands, door anchor, and exercise cards focused on balance and coordination.
- **Yoga kit:** Includes everything you need for your yoga practice. This kit includes a yoga mat, yoga block, yoga strap, and DVD with two 20-minute practices.
- **Dance kit:** Your health, your way with our dance kit. The dance kit includes a quick start guide, guided dance video, fresh and simple nutrition book, and everyday weight-loss plan.

On-demand workout videos

Work out at home with live or on-demand with access to over 40,000 online fitness classes. Try the workout builder to get routines created just for you, no matter what your fitness level and interests are.

Healthy at home

New! Getting groceries and household essentials delivered to your home makes it easy to explore new foods and eat healthy.

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 Optum, Inc. through One Pass Select®. Rally and One Pass Select are voluntary programs. The information provided under these programs is for general informational purposes only and is not intended to be nor should be construed as medical advice. Talk to your doctor before increasing your level of activity, particularly if you have a medical condition or have been inactive. One Pass Select varies by plan/area. The programs are not responsible for the services or information provided by third parties. The programs may have tax implications. Employers and individuals should consult a tax professional to determine if they have any tax obligations. Your health information is kept confidential in accordance with the law. These services are not insurance programs and may be discontinued at any time. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. All trademarks are the property of their respective owners.

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