

Get fit. Get rewarded.



FIT REWARDS:

Thrive your way at any fitness center statewide.¹



Kaiser Permanente FIT REWARDS

Thrive your way at any fitness center statewide.¹ You can still earn a free gym membership at certain participating gyms or enjoy discounted rates at other participating fitness centers. Whatever fitness center you choose, you can earn a \$200 reward.²

Learn more at kp.org/fitrewards



WORK OUT YOUR WAY

Any fitness center statewide¹ + \$200 reward

As a Kaiser Permanente member, you can Break A Sweat Without Breaking the Bank™.

You can choose from 5 tiers of fitness centers at different price points. So, whether you're into group fitness, boot camps, yoga, or pumping iron, we've got you covered statewide. Whatever tier you choose, you can earn a \$200 reward.² Simply work out at your chosen fitness center at least 45 days for a minimum of 30 minutes per visit within the calendar year.

Earn a free gym membership.

You can still earn a free gym membership by selecting a fitness center from Tier 1.

Save up to 40% at an expanded network of fitness centers.

Not finding a fit in Tier 1? No worries. Join a fitness center in Tiers 2 through 4 for an additional discounted monthly fee. Whatever tier 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 Tiers 1 - 4?

No problem! With Tier 5 fitness centers, you can download the ASHConnect™ mobile app for use at more than 43,000 qualifying locations nationwide. Just hit your gym 45 days for at least 30 minutes a visit by the end of the year, and you'll earn your \$200 reward.

FIND THE BEST FIT FOR THE WAY YOU WANT TO WORK OUT!			
CHOOSE ONE	ANNUAL FEE	ADDITIONAL MONTHLY FEE	YOUR REWARD
TIER 1	\$200	\$0	\$200
TIER 2	\$200	\$35	\$200
TIER 3	\$200	\$55	\$200
TIER 4	\$200	\$85	\$200
TIER 5 (OUTSIDE TIER NETWORK)	YOU PAY STANDARD RETAIL FEES DIRECTLY TO FITNESS CENTER	N/A	\$200

Prefer to work out at home?

Yes, you can! Take advantage of the Home Fitness Kit program and receive up to 2 home fitness kits – including a FitBit Inspire™ – per calendar year for just \$10.

Get started

Go to kp.org/fitrewards for details or to find your favorite fitness center.

Grid amounts apply to members with a \$200 annual program fee. Please log in to kp.org/fitrewards for your program details.

Talk with your doctor before you start or change your exercise routine.

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

² Kaiser Permanente Fit Rewards is a calendar year program and resets beginning January 1 each year. You must pay your annual program fee and enroll again on or after January 1 each year to participate. Earn your reward by exercising at least 45 days in the calendar year for at least 30 minutes per session at a participating or qualified gym. Reward is limited to your annual program fee amount each calendar year. Higher rates (for tiers 2, 3 and 4), taxes, and additional fees you pay your gym for classes, services, or amenities aren't included in the program and are not eligible for reimbursement. Please consult with your tax adviser about the taxability of the reimbursement. Except for earning your annual program fee back by exercising 45 days a year for at least 30 minutes per session at a qualified gym, your annual program fee is not refundable and will not be prorated. Fitness center visits completed before your annual program fee is paid do not count toward the reward requirement. Medicare and Medicaid (QUEST Integration) members are not eligible to participate in the program. For details, visit kp.org/fitrewards.

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. This information is not a complete description of benefits. For details, including limitation and exclusions, see your Evidence of Coverage (EOC) or kp.org/fitrewards.

Kaiser Permanente Fit Rewards is part of the Active&Fit® program administered by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. The people in this piece are not Active&Fit members. ASHConnect, Active&Fit, Break a Sweat Without Breaking the Bank, and the Active&Fit logo are trademarks of ASH and used with permission herein. Other names or logos may be trademarks of their respective owners.

