



Get ready to earn a **FREE GYM** **MEMBERSHIP!**¹

Kaiser Permanente Fit Rewards
January 1 – December 31, 2018



HOW TO ENROLL OR RE-ENROLL

in Kaiser Permanente FIT REWARDS for 2018:

1. Starting January 1, 2018, go to kp.org/activeandfit and register to use the website if you haven't already done so.²
2. Choose a participating gym. Call toll-free **1-877-750-2746**, Monday through Friday, 5 a.m. to 6 p.m. (Pacific time), and ask for your **Fitness ID number**. Your gym will ask you for this number.
3. Pay the non-refundable annual program fee of no more than \$200 directly to your participating gym.³ There will be no more monthly dues to worry about!

Please note: If you're currently a 24 Hour Fitness member or would like to join 24 Hour Fitness, visit kp.org/activeandfit or call toll free **1-877-750-2746** (TTY/TDD 711), Monday through Friday, 5 a.m. to 6 p.m., Pacific time, to pay your annual program fee.


Eligibility: All Kaiser Permanente Hawaii members 16 years and older, except Medicare and QUEST Integration (Medicaid) members, are eligible. If you're under 18 years of age, ask your gym if you need consent from a parent/guardian to become a member.

¹Meet the 45-day, 30 minutes per session activity requirement by December 31, 2018 to qualify for reimbursement. Please consult with your own tax advisor about the taxability of the reimbursement. Reimbursement is limited to your annual program fee each calendar year.

²The program website is available for members who are 18 years or older.

³Pay the annual program fee to a participating gym. Taxes and additional fees you pay your gym for membership upgrades, classes, services, or amenities are not included in the program and not eligible for reimbursement. Gym visits made before you pay your annual program fee do not count towards the reimbursement requirement.

*You may find it helpful to fill out the fitness card below and take it to your first gym visit, but it is **not required**.*

KAISER PERMANENTE thrive Fit Rewards Fitness Card		Member Information
Website: kp.org/activeandfit		This card is effective 1/1/2018 through 12/31/2018
Active&Fit Phone Number: Toll-free: 1-877-750-2746		Member Name: _____
Hours: Monday – Friday, 5 a.m. – 6 p.m., Pacific time		Date of Birth: _____ (month/day)
		

After you enroll in KP Fit Rewards

Work out at a participating gym at least 45 days for a minimum of 30 minutes per session by December 31, 2018, and you'll get your annual program fee back.³

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



You can download and print more copies of this enrollment guide for your eligible family members at kp.org/activeandfit.

The Active&Fit website includes access to:

- The Active&Fit Connected!™ tool, a fun and easy way to track your exercise at a fitness center and/or through a wearable fitness device or app.⁴
- Fitness center search
- Online classes
- The quarterly Active&Fit newsletter
- Online tools to track your progress toward your reimbursement

⁴Purchase of a wearable fitness device or app is not included in the annual program fee. Your use of the Active&Fit Connected! program serves as your consent for American Specialty Health Fitness, Inc. (ASH Fitness) to receive information about your tracked activity. All programs and services are not available in all areas.

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 conditions, limitations, and exclusions, please see your *Benefit Summary*.

Kaiser Permanente Fit Rewards is administered by American Specialty Health Fitness, Inc. through its Active&Fit® program. American Specialty Health Fitness, Inc. (ASH Fitness) is a subsidiary of American Specialty Health Incorporated (ASH). Active&Fit, Active&Fit Connected!, and the Active&Fit logo are trademarks of ASH and used with permission herein.

Don't want to go to a gym? No problem!

Home Fitness Option

For \$10 per calendar year, you can enroll in the Home Fitness program and choose up to 2 Home Fitness Kits each calendar year. These kits may include DVDs, guides, and other items to help you get fit on your own terms.⁵ To pay your non-refundable program annual fee, visit kp.org/activeandfit or call toll free 1-877-750-2746, Monday through Friday, 5 a.m. to 6 p.m., Pacific time.

⁵Members can take advantage of either the Gym Membership Program or Home Fitness Program. The \$10 Home Fitness Program annual fee is non-refundable.

7358MEM-17 | KAH3036 | December 2017

KP Fit Rewards

Customer Service: 1-877-750-2746
Monday – Friday,
5 a.m. – 6 p.m., Pacific time

Kaiser Permanente Fit Rewards is administered by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH) through its Active&Fit® program. Active&Fit and the Active&Fit logo are federally registered trademarks of ASH and used with permission herein.

Gym Information

This fitness card is not transferable. Use of this card by anyone other than the person named herein is prohibited. This card is the property of ASH Fitness.