

# Kaiser Permanente FIT REWARDS Fact Sheet



**WHO:** KAISER PERMANENTE

**WHAT:** Offering the opportunity to earn a free gym membership<sup>1</sup> through our exclusive program – Kaiser Permanente Fit Rewards

**WHEN:** Calendar year (January 1 through December 31)

**WHERE:** Hawaii Region

**WHY:** To demonstrate to current employees and prospects the value of working for your company – you can offer them a free gym membership

## YOUR EMPLOYEES CAN EARN A FREE GYM MEMBERSHIP!

Searching for an attractive program that sets you apart to recruit and retain great employees? Looking for new ways to help your employees be healthy and productive? Only Kaiser Permanente can offer your employees the opportunity to earn a free gym membership.<sup>1</sup>

### Be Fit Year-Round with Kaiser Permanente Fit Rewards

As your partner in total health, we're thrilled to offer Kaiser Permanente Fit Rewards to you and your employees as a value-added service included in your health plan.

### How Eligible Employees Can Enroll in KP Fit Rewards

1. Go to [kp.org/activeandfit](http://kp.org/activeandfit) and register to use the website.<sup>2</sup>
2. Choose a gym or sign up for the Home Fitness program.<sup>3</sup>  
If employees choose a gym, they should call toll free **1-877-750-2746**, Monday through Friday, 5 a.m. to 6 p.m., Pacific time, and ask for their **Fitness ID number**. Participating gyms will ask for this number.
3. Pay the annual program fee of no more than \$200 directly to a participating gym.<sup>1</sup> There will be no additional dues to worry about! **Please note:** If employees are currently 24 Hour Fitness members or would like to join 24 Hour Fitness, they should go to [kp.org/activeandfit](http://kp.org/activeandfit) or call toll free **1-877-750-2746** to pay their annual program fee before going to the gym.

### Eligibility

All Kaiser Permanente Hawaii members 16 years and older.<sup>4</sup>

### Interested in learning more?

Contact your Kaiser Permanente representative or visit [kp.org/fitrewards](http://kp.org/fitrewards).

<sup>1</sup> Employee participants must meet the 45-day, 30 minutes per session activity requirement by the end of the calendar year to qualify for reimbursement. Reimbursement is limited to the annual program fee each calendar year. Taxes and additional fees paid to a gym for membership upgrades, classes, services, or amenities are not included in the program and are not eligible for reimbursement. Employees should consult their tax advisor about the taxability of the reimbursement. Except for earning the annual program fee back by exercising 45 days a year for at least 30 minutes per session at a participating gym, the annual program fee is not refundable and will not be prorated.

<sup>2</sup> The program website is available for members who are 18 years and older.

<sup>3</sup> Employee participants can choose either the gym membership program or the home fitness program. The \$10 home fitness program annual fee is non-refundable.

<sup>4</sup> Medicare and Medicaid (QUEST Integration) members are not eligible to participate in the program.

Kaiser Permanente Fit Rewards is a value-added service and not part of employee medical benefits. Employee annual fee does not count toward their health plan's annual out-of-pocket maximum. For details, including conditions, limitations, and exclusions, employees should refer to their *Benefit Summary* or [kp.org/fitrewards](http://kp.org/fitrewards).

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