



It Pays to Be Active™

Get Rewarded for Working Out

It's true! The ExerciseRewards™ program — available to you through EmblemHealth—gives you various options to work out and get paid to do it! Rack up at least 50 visits each 6 months in a calendar year (1/1 – 6/30 and 7/1 – 12/31) using one of the following methods and you can earn up to \$200 in reimbursements (and your spouse and/or dependent(s) can earn \$100!).

The Active&Fit Direct™ Program

Choose from a network of participating fitness centers and select YMCAs nationwide for just \$25 a month (plus a \$25 enrollment fee and applicable taxes). Once enrolled, you don't need to do anything else — the Active&Fit Direct fitness centers will submit your visits for you automatically, for a hassle-free way to earn visits toward your goal. You can quickly and easily enroll by creating an account on ExerciseRewards.com

The Active&Fit Direct program is an optional program that provides discounts at participating fitness centers. It is not an insured benefit through EmblemHealth.

*For a fitness center to qualify, it must be in the 50 U.S. states or District of Columbia, offer regular cardiovascular, flexibility, and/or resistance training exercise programs or may include instructor-led classes (such as Zumba®, Pilates, "step" classes, yoga, aquatics, etc.), must have staff oversight, and must offer a membership agreement.

Note: Prior to participating in this or any other exercise program, it is important for you to seek the advice of a physician or other qualified health professional. Rewards may be taxable income that you are responsible to report.

The ExerciseRewards and Active&Fit Direct programs are provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Members are not required to participate at an ASH-contracted fitness center to be eligible for the reward; however, exclusions apply. The ExerciseRewards and Active&Fit Direct programs are health improvement and education programs and are not insurance. ASH Fitness is a separate company that administers the ExerciseRewards and Active&Fit Direct programs on behalf of EmblemHealth.

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ASHConnect™ App**

Use GPS data from your smartphone to track your visits in real-time at fitness centers and select YMCAs nationwide. Your visits will be tracked through your ExerciseRewards account, as long as each workout session is at least 30 minutes long (only one check-in per calendar day will count). Search for "ASHConnect" in your app store.

Paper Log

If you prefer, you can manually track your fitness center visits. Your qualifying fitness center* must approve and sign your paper log or provide you with a printout of your utilization, and you are required to submit these items and your Visit Submission Form to the ExerciseRewards program. This form is available on ExerciseRewards.com after you log in.

***Purchase of a device or app is not included in the ExerciseRewards program.*

Ready to learn more? Visit [ExerciseRewards.com](https://www.ExerciseRewards.com) or call 877-810-2746 for more details on how to track your fitness center visits and apply for reimbursements.