



Get Paid Back for YOUR FITNESS FACILITY DUES

Regular exercise is important for your health. It can help you manage your weight, improve your balance, be more flexible and cut stress. It can also help lower your risk for serious health conditions, such as diabetes and high blood pressure.

With the ExerciseRewards™ program, you can enjoy the benefits of exercise and get paid back for your dues. It's fun and easy:

1. Work out at a qualifying fitness facility or exercise center¹ 50 times per 6-month period.²
2. You will be get back up to \$200 of your membership dues each 6-month period.

Plus, if your covered spouse or domestic partner works out 50 times per 6-month period, your covered spouse or domestic partner will get back up to \$100 of membership dues each 6-month period.

Here's how to get started!

- 1 Find a facility:
 - » Choose one from the ExerciseRewards network. Go to **www.ExerciseRewards.com** or call **1-877-810-2746** Monday through Friday, 8 a.m. to 9 p.m., **OR**
 - » Select a qualified fitness facility not in the network. Qualifying facilities must offer regular cardiovascular, flexibility or resistance training exercise programs. This may include instructor-led classes such as Zumba®, Pilates, “step” classes, yoga or aqua. The facility must also offer a membership agreement and have staff oversight. Staff oversight means that during normal hours of operations, the fitness facility has employees that oversee the facility and helps members. Fitness facilities within an apartment or hotel that do not have staff oversight do not qualify.
- 2 Have your fitness facility complete a Fitness Facility Member Verification Form once each benefit year. You only need to submit this form once for each fitness facility.
- 3 Get a copy of your proof of payment. Make sure it shows your name, your fitness facility's name, the payment amount, and the dates that the payment applies.

- 4 Complete the Reimbursement Request Form to show proof of your workout visits. Include:
 - » The facility's computer printout of all your workouts for the 6-month period, **OR**
 - » A completed log, with the facility's signature or stamp for each visit. (You can find this on the Reimbursement Request Form/Log)

- 5 Send all documents to:
ExerciseRewards
P.O. Box 509117
San Diego, CA 92150-9117

Finding Forms

Forms are available in this packet, at **www.ExerciseRewards.com** or call **1-877-810-2746**.

Your payout period begins on the first day that you visit the facility. The next period begins one day after the last payout period ends, and it ends on the last day of your plan's benefit plan year, which may be less than 6 months.

Also, we must receive all payout requests **no later than 90 days** after the end of each payout period.

Getting your payout

Each 6-month period, ExerciseRewards will send you a check for \$200. For each 6-month period, you will get up to one half of the maximum yearly payout amount or your membership dues for that period, whichever is less. Checks are processed within 30 days of the end of the payout period.





Additional benefits

Your ExerciseRewards program also includes:

- Access to a national network of more than 11,000 fitness facilities. Most offer a minimum 10% discount on enrollment fees or membership dues.
- 3 free one-week trial memberships or free introductory sessions at participating fitness facilities (one free trial per facility).
- A website with online tools and trackers, meal and exercise planners, health articles and more.
- An online quarterly newsletter.
- A toll-free customer service hotline to answer questions about the program.

Who is eligible?

- Members 18 years and older who have hospital or medical coverage with EmblemHealth are eligible.
- You need to keep EmblemHealth coverage through the date you become eligible for your payout.
- As long as your plan continues to participate in the ExerciseRewards program, you will be eligible to participate in the program in the next program period up to your plan's benefit plan year maximum.

Go to www.ExerciseRewards.com today to begin your journey to a more active life! If you would like to speak with someone about the program, call 1-877-810-2746. ExerciseRewards representatives can help you Monday through Friday, 8 a.m. to 9 p.m.

Exclusions and limitations

The following describes specific limitations or exclusions from the ExerciseRewards program:

- 1 Services and activities such as rehabilitation services, physical therapy services, country clubs, social clubs or sports teams and leagues
- 2 Dues or fees for participating in aerobic or fitness activities not in a qualified fitness facility, as well as fees for personal training, lessons (e.g., tennis and swimming), coaching, and exercise equipment or clothing purchases
- 3 Facilities outside of the US
- 4 Exercise sessions at fitness facilities where there is no staff oversight (e.g., facilities in apartments or hotels)
- 5 Exercise sessions before your eligibility date

¹ Qualifying facilities must offer regular cardiovascular, flexibility, or resistance training exercise programs. This may include instructor-led classes such as Zumba®, Pilates, “step” classes, yoga, or aqua. The facility must also offer a membership agreement and staff oversight. Staff oversight means that during normal hours of operations, the fitness facility has employees that oversee the facility and help members. Fitness facilities within an apartment or hotel that do not have staff oversight do not qualify.

² Members will receive credit for one workout session per day, with at least 8 hours between sessions.

Before joining this or any other exercise program, it is important to seek the advice of a doctor or other health professional.

EmblemHealth is committed to helping you stay healthy, get well and live better. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify to earn the same reward by different means. Contact us at **1-877-810-2746**, Monday through Friday, 8 a.m. – 9 p.m., and we will explain how you can work with your doctor to find an alternative wellness program with the same reward that is right for you and your health needs.

The amount of the rewards and payout may be considered taxable income, and subject to state and federal taxes in the tax year it is paid. We recommend that you see your employer for details, or consult a tax expert with any questions about your tax needs.

ExerciseRewards is 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 facility to be eligible for the reward. The ExerciseRewards program is a health improvement and education program and is not insurance. ASH Fitness is a separate company that administers the ExerciseRewards program on behalf of Emblem Health.

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