

Get fit. Get rewarded.

KAISER PERMANENTE FIT REWARDS

With Fit Rewards, 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.¹ Whatever tier you choose, you can earn a reward of up to \$200.² Simply work out at your fitness center of choice 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 calendar year, and you'll earn your reward.

FIND THE BEST FIT FOR THE WAY YOU WANT TO WORK OUT!			
CHOOSE ONE	ANNUAL FEE	ADDITIONAL MONTHLY FEE	YOUR REWARD ²
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

Get started

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



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

²Rewards are limited to your annual program fee each calendar year. Taxes and additional fees you pay your fitness center for classes, services, or amenities are not included in the program and are not eligible for reimbursement. Please consult with your tax advisor about the taxability of the rewards. Except for earning your annual program fee back by exercising 45 days a year for at least 30 minutes per session at a fitness center, your annual program fee is not refundable and will not be prorated. Any 2021 reward not redeemed by March 31, 2022 will be ineligible for redemption. Medicare and Medicaid (QUEST Integration) members excluded.



Getting active just got easier.

FIT REWARDS HOME FITNESS PROGRAM

Stay active no matter where you live or where you like to work out, with home kits that are mailed directly to you! Choose up to two (2) Home Fitness Kits and one (1) Stay Fit Kit per calendar year for just \$10.

Stay Fit Kits

Choose 1 of the following from our Stay Fit kits each calendar year:

- Garmin® or Fitbit® Wearable Fitness Tracker Kit³
- Yoga kit with a mat and hand towel
- Beginner, intermediate, or advanced strength kit with dumbbells and resistance bands

Home Fitness Kits

Choose up to 2 Home Fitness kits each calendar year from a selection of 31 unique options including Barre Fitness, Pilates, Tai Chi, and more.⁴

ADDITIONAL AT-HOME WORKOUT RESOURCES

As a member of the Fit Rewards program, you also have the following no-cost resources available to support workouts at home:

2,000+ digital workout videos

Go to kp.org/activeandfit and get fit with workout videos including core, cardio, strength, yoga, and more, for all fitness levels.

Healthy Living Coaching

Receive one-on-one lifestyle coaching by phone in areas such as fitness, nutrition, stress, and sleep. Coaches help you set and reach your goals at your own pace.

Daily workout classes

Join [@MyActiveandFit](https://www.facebook.com/MyActiveandFit) on Facebook Live every Monday through Friday, and anytime on [YouTube.com/MyActiveandFit](https://www.youtube.com/MyActiveandFit) for 30-minute classes led by a certified instructor.

kp.org/fitrewards



³The Garmin or Fitbit promotional code cannot be used in combination with any other promotion on the Garmin or Fitbit websites. Once selected, Stay Fit kits cannot be exchanged.

⁴Members cannot select the same Home Fitness kit twice in the same benefit year.

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 limitations and exclusions, see your Evidence of Coverage.

Kaiser Permanente Fit Rewards is administered by American Specialty Health Fitness, Inc. through its Active&Fit program. American Specialty Health Fitness, Inc. is a subsidiary of American Specialty Health Incorporated (ASH). All programs and services are not available in all areas. Active&Fit and the Active&Fit logo are federally registered trademarks of ASH and used with permission herein. Other names or logos may be trademarks of their respective owners. Fitness center participation varies by location. Non-standard services at the fitness center that call for an added fee are not part of the Active&Fit program.