

Earn a **FREE GYM MEMBERSHIP!**¹

Kaiser Permanente **FIT REWARDS**

Available to all
Kaiser Permanente
Hawaii members
starting
January 1, 2017.²

Visit
kp.org/fitrewards
for details

Get fit ... and get your money back!





How Kaiser Permanente FIT REWARDS Works

1. Starting January 1, 2017, pay an annual program fee (up to \$200) at a participating gym. (Visit kp.org/fitrewards to see the list of participating gyms.)
2. Work out at least 45 days for at least 30 minutes a session by December 31, 2017. That's less than 1 visit a week! Your gym will report your activity to Active&Fit.
3. If you successfully meet the activity requirement, you'll get your annual program fee back.¹ That means a **free gym membership!**

Eligibility

All Kaiser Permanente Hawaii members, 16 years and older.²

Don't want to go to a facility? Sign up for the **Active&Fit Home Fitness Program** for \$10 a year.³ Choose up to 2 Home Fitness Kits each benefit year and work out anytime.

¹Pay the Active&Fit® annual program fee to a participating gym. Meet the 45-day, 30-minute a session activity requirement by December 31, 2017 to qualify for reimbursement. Reimbursement is limited to your Active&Fit annual fee each benefit year. Taxes and additional fees you pay your gym for classes, services, or amenities are not included in the Active&Fit program and are not eligible for reimbursement. Except for earning your annual program fee back by exercising 45 days a year for at least 30 minutes a session, your Active&Fit annual program fee is not reimbursable and will not be prorated. Please see your *Benefit Summary* or kp.org/fitrewards for details, including conditions, limitations, and exclusions.

²All Kaiser Permanente Hawaii members, 16 years and older, excluding Medicare and Medicaid (QUEST Integration) members.

Kaiser Permanente Fit Rewards is a value-added service and not part of your medical benefits. Your annual fee does not count toward your health plan's annual out-of-pocket maximum. For details, including conditions, limitations, and exclusions, see your *Benefit Summary*.

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