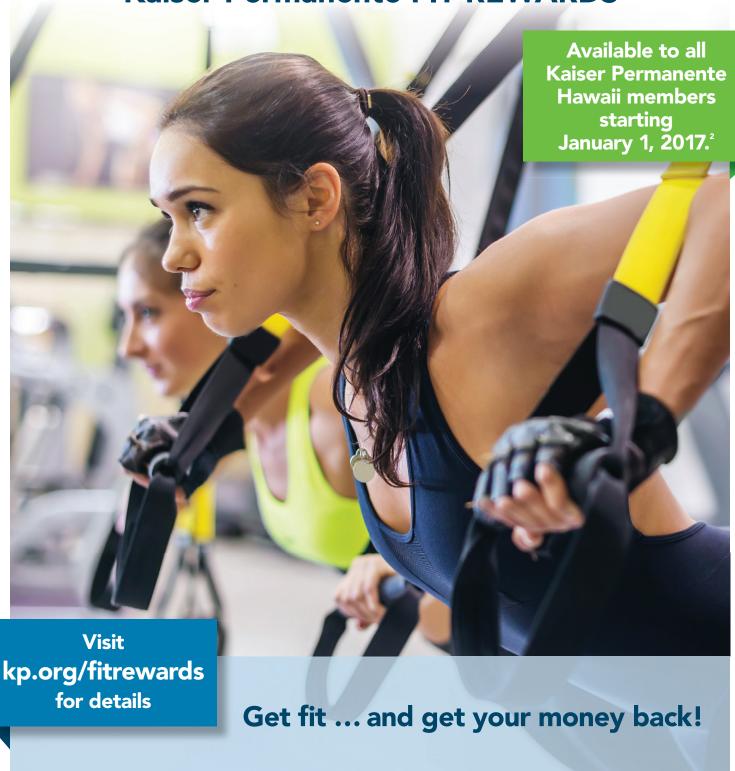
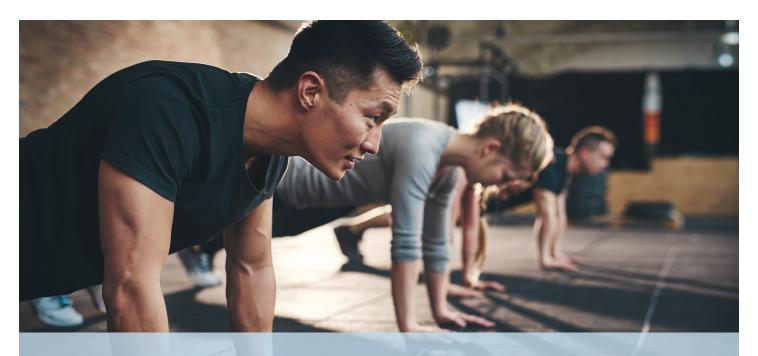
Earn a FREE GYM MEMBERSHIP!

Kaiser Permanente FIT REWARDS









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.

Pay 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*.

Kaiser Permanente Fit Rewards is part of the Active&Fit® program administered by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH) through its Active&Fit program. Active&Fit and the Active&Fit logo are federally registered trademarks of ASH and used with permission herein.



