

# Get fit. Get rewarded.

**NEW FOR 2019:**

Thrive your way at any fitness center statewide.<sup>1</sup>



## Kaiser Permanente FIT REWARDS

Fit Rewards is expanding to include all fitness centers statewide.<sup>1</sup> You can still earn a free gym membership at certain participating gyms or enjoy discounted rates at newly added participating fitness centers. Whatever fitness center you choose, you can earn a \$200 reward.<sup>2</sup>

Learn more at [kp.org/fitrewards](http://kp.org/fitrewards)



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# WORK OUT YOUR WAY

Any fitness center statewide<sup>1</sup> + \$200 reward

**As a Kaiser Permanente member, you can “break a sweat without breaking the bank”.™**

In 2019, 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. Whatever tier you choose, you can earn a \$200 reward.<sup>2</sup> Simply work out at your chosen fitness center at least 45 days for at least 30 minutes a visit by December 31, 2019.

## 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 new mobile app for use at more than 43,000 locations nationwide. Just hit your gym 45 days for at least 30 minutes a visit by the end of the year, and you'll earn your \$200 reward.

CHOOSE ONE	ANNUAL FEE	ADDITIONAL MONTHLY FEE	YOUR REWARD
TIER	200	0	200
TIER 2	200	3	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

## Prefer to work out at home?

Yes, you can! Take advantage of the Home Fitness Kit program and receive 2 kits per year for just \$10.

## Get started

Go to [kp.org/fitrewards](http://kp.org/fitrewards) for details or to find your favorite fitness center.

Talk with your doctor before you start or change your exercise routine.

<sup>1</sup>Fitness centers must be qualified fitness organizations operating for the general public.

<sup>2</sup>Earn your annual \$200 program fee back by exercising 45 days a year for at least 30 minutes per session at a participating gym. Reimbursement is limited to \$200 each calendar year. Higher rates (for tiers 2, 3 and 4), taxes, and additional fees you pay your gym for classes, services, or amenities aren't included in the program and are not eligible for reimbursement. Please consult with your tax adviser about the taxability of the reimbursement. Except for earning your annual program fee back by exercising 45 days a year for at least 30 minutes per session at a qualified gym, your annual program fee is not refundable and will not be prorated. Fitness center visits completed before your annual member fee is paid do not count toward the Fit Rewards requirement. Medicare and Medicaid (QUEST Integration) members excluded. For details, visit [kp.org/fitrewards](http://kp.org/fitrewards)

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. This information is not a complete description of benefits. For details, including limitation and exclusions, see your Evidence of Coverage (EOC) or [kp.org/fitrewards](http://kp.org/fitrewards)

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