What is Kaiser Permanente Fit Rewards?
Kaiser Permanente Fit Rewards is a value-added program offering Kaiser Permanente Hawaii members the opportunity to earn a $200 reward — equivalent to a free gym membership at applicable locations.¹ Your reward will be equal to the annual program fee you pay each calendar year.

Who is eligible for Kaiser Permanente Fit Rewards?
All Kaiser Permanente Hawaii members 16 years and older, except Medicare and QUEST Integration (Medicaid) members, are eligible. If you’re under 18 years of age, ask your fitness center if you need consent from your parent/guardian to become a member.

How does Kaiser Permanente Fit Rewards work?
- Starting January 1, 2020, enroll/re-enroll in KP Fit Rewards (see ENROLLMENT & PAYMENT information). Fit Rewards is a calendar year program and resets beginning January 1 each year. You must pay your annual program fee and enroll again on or after January 1 each year to participate.
- Work out at a participating fitness center or qualified out-of-network gym at least 45 days for a minimum of 30 minutes per session by December 31, 2020.¹
- Get a $200 reward (equivalent to a free membership at applicable locations).¹

I recently changed jobs/employers. Is my KP Fit Rewards benefit transferrable?
No. KP Fit Rewards is not transferrable between jobs or employers. Fit Rewards does not transfer to another Kaiser Permanente plan if you change employers and/or KP plan coverage during the year.

If I change jobs/employers, do I have to pay my annual program fee again?
Yes. If you change employers and/or KP plan coverage during the calendar year, you will be asked to pay your KP Fit Rewards annual program fee again.

ENROLLMENT & PAYMENT

How do I enroll in Kaiser Permanente Fit Rewards if I did not participate in KP Fit Rewards in 2019?
1. Starting January 1, 2020, go to kp.org/activeandfit and register to use the website.²
2. Choose a participating fitness center in the tier (1 through 4) and price point that works best for you and pay your $200 annual program fee online. For tiers 2, 3, and 4, you will be responsible for an additional monthly fee; your current and next month’s fee are due upon enrollment. If you do not have access to the internet, you may also pay by calling toll free 1-877-750-2746, Monday through Friday, 5 a.m. to 6 p.m., Pacific time. Members under the age of 18 must enroll over the phone.
3. Download your Active&Fit® Card and bring it on your first visit to your fitness center.

If you do not wish to go to a participating fitness center, you can receive credit for visits at any qualified out-of-network fitness center statewide³ by tracking visits with the ASHConnect™ fitness app.⁴

What is not included in the Kaiser Permanente Fit Rewards annual program fee?
Higher rates (for tiers 2, 3, and 4), taxes, and additional fees you pay your fitness center for classes, services, or amenities are not included in your Kaiser Permanente Fit Rewards annual program fee and are not eligible for a reward.

How can I earn a reward if my fitness center is not a participating fitness center in tiers 1 through 4?
Tier 5 allows you to go to any qualified out-of-network fitness center and use the ASHConnect™ mobile app to track visits.⁴ Qualified fitness centers must offer regular cardiovascular, flexibility, and/or resistance training exercise programs; established physical facility must offer a membership agreement; and must be overseen by staff. Fitness centers outside of the 50 U.S. states and the District of Columbia do not qualify.

You must be enrolled in that fitness center with a 2020 membership agreement, pay your fitness center dues, and track your visits through the ASHConnect app to earn your reward.
When do my fitness center visits start counting towards my reward?

Once your non-refundable annual program fee for a location in tiers 1 through 4 is paid, your visits will count toward your reward. Fit Rewards is a calendar year program available January 1 through December 31 each year. 2019 visits are not applied toward your 2020 activity requirement.

What if I am 64 years old and will turn 65 during the calendar year?

If you are enrolled in Fit Rewards and will turn 65 years old before the end of 2020, please make sure that you meet your 45-day, 30 minutes per session activity requirement before you transition to the Silver&Fit® program, which is included as part of Kaiser Permanente Senior Advantage plan benefits. Completion of your Fit Rewards activity requirement by December 31, 2020 is required to receive your reward.

HOME FITNESS PROGRAM

What if I am physically unable or prefer not to go to a fitness center?

You can choose to participate in the Home Fitness program instead of attending a participating fitness center. For a $10 annual program fee, you can choose up to 2 home fitness kits (including a Fitbit® Connected! Kit option) each calendar year and work out anytime at home. The fitness kits may include DVDs, guides, and other items to help you get fit. Note: If you participate in the Home Fitness program, your $10 annual program fee is non-refundable and will not be prorated.

If I choose the Home Fitness program, can I switch to the Fit Rewards program?

Yes. You can call toll free 1-877-750-2746, Monday through Friday, 5 a.m. to 6 p.m., Pacific time, to enroll in the Fit Rewards program and pay applicable, non-refundable membership fees. Your effective date will be the day following your call.

Can I switch from the Fit Rewards program to the Home Fitness program? Do I need to pay the $10 Home Fitness kit annual program fee?

No. You do not need to pay another fee if you have already paid your Fit Rewards 2020 annual membership fee.

1Your reward is limited to your annual program fee each calendar year. Higher rates (for tiers 2, 3, and 4), taxes, and additional charges you pay your gym for classes or amenities are not included in the program and are not eligible for the reward. You should consult with your tax advisor about the taxability of the reward. Except for earning your annual program fee back by exercising 45 days a year for at least 30 minutes per session at a participating fitness center, your annual program fee is not refundable and will not be prorated. Fitness center visits made before your annual program fee is paid do not count towards your reward activity requirement. Only 1 visit per calendar day will count towards your reward requirement. Purchase of a wearable fitness device or app is not included in the annual program fee; exception may apply if you choose the Fitbit Connected® kit through the Home Fitness program.

2The program website is available for members who are 18 years and older.

3If your gym is a qualified out-of-network (Tier 5) fitness center, you must be enrolled in that fitness center with a 2020 membership agreement, pay your monthly dues, and track your visits through the ASHConnect™ app to earn your reward. Qualified fitness centers must offer a regular cardiovascular, flexibility, and/or resistance training exercise programs; established physical facility must offer a membership agreement and must be overseen by staff. Fitness centers outside of the 50 U.S. states and the District of Columbia do not qualify.

4You can download the ASHConnect mobile app in your phone’s app store. 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 conditions, limitations, and exclusions, please see your Evidence of Coverage or kp.org/fitrewards. 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). Active&Fit, Silver&Fit, the Active&Fit logo, and ASHConnect are trademarks of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners.