

Kaiser Permanente FIT REWARDS

2018 Frequently Asked Questions



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 free gym membership.¹

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.

How does Kaiser Permanente Fit Rewards work?

- Starting January 1, 2018, enroll/re-enroll in KP Fit Rewards (see **ENROLLMENT & PAYMENT** information).
- Work out at a participating gym at least 45 days for a minimum of 30 minutes per session by December 31, 2018.¹
- Get your annual program fee back!¹

I recently changed jobs/employers. Is my KP Fit Rewards benefit transferrable?

No. KP Fit Rewards is not transferrable between jobs or employers. Like any health plan benefit, 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 year, you will be asked to pay your KP Fit Rewards annual program fee again. If you successfully meet the 45-day, 30 minutes per session activity requirement by December 31, 2018, you will be reimbursed at the program fee amount you paid after you changed jobs and KP plans.

ENROLLMENT & PAYMENT

How do I enroll in Kaiser Permanente Fit Rewards if I did not participate in KP Fit Rewards in 2017?

1. Starting January 1, 2018, go to kp.org/activeandfit and register to use the website.²
2. Choose a gym. Call toll-free **1-877-750-2746** and ask for your **Fitness ID number**. Your gym will ask you for this number.
3. Pay the annual program fee of no more than \$200 directly to your gym. There will be no more additional dues to worry about!

Note: If you would like to join 24 Hour Fitness and pay your annual program fee, visit kp.org/activeandfit or call toll free **1-877-750-2746** (TTY/TDD **1-877-710-2746**), Monday through Friday, 5 a.m. to 6 p.m., Pacific time.

What is not included in the Kaiser Permanente Fit Rewards annual program fee?

Any taxes and additional fees you pay your gym for membership upgrades, classes, services, or amenities are not included in your Kaiser Permanente Fit Rewards annual program fee and are not eligible for reimbursement.

PARTICIPATING GYMS

Where can I find a list of participating gyms?

Visit kp.org/fitrewards to see the full list of participating gyms. You also can call toll free **1-877-750-2746**, Monday through Friday, 5 a.m. to 6 p.m., Pacific time.

How can I suggest adding a gym to the network?

You can request the addition of gyms online at kp.org/activeandfit or by calling toll free **1-877-750-2746**.

Can I switch participating gyms?

Yes. You can switch gyms by going online to kp.org/activeandfit or by calling toll free **1-877-750-2746**.

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If I switch gyms, do I have to pay my annual program fee again?

No. You do not need to pay your annual fee again unless it's a new calendar year or you change jobs/employers.

If I switch gyms, how soon can I go to my new gym?

You can go to your new gym on the first day of the following month.

ACTIVITY REQUIREMENT & REIMBURSEMENT

When will I receive my reimbursement?

If you successfully meet the 45-day, 30 minutes per session activity requirement before the end of the calendar year, you will receive your annual program fee reimbursement within 45 days, once your gym reports your completion.

If I change gyms during the year and meet the 45-day, 30 minutes per session activity requirement, will I receive reimbursement?

Yes. Your total number of visits count toward the 45-day, 30 minutes per session activity requirement, as long as you have Kaiser Permanente Hawaii coverage and go to participating gyms.

If I work out two times in one day, does it count as two visits toward the 45-day, 30 minutes per session activity requirement?

No. You get credit for a maximum of one workout a day, whether you work out once, twice, or three times in a day.

When do my gym visits start counting towards my reimbursement?

Gym visits made before your annual program fee is paid do not count towards reimbursement. Your 2017 gym visits do not count towards your 2018 KP Fit Rewards activity requirement reimbursement.

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 2018, 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 activity requirement by December 31, 2018 is required to receive reimbursement of your Fit Rewards annual program fee.

HOME FITNESS PROGRAM

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

You can choose to participate in the Home Fitness program instead of attending a participating gym. For a \$10 annual program fee, you can choose up to 2 home fitness kits 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.

¹Reimbursement is limited to your annual program fee each calendar year. Taxes and additional charges you pay your gym for membership upgrades, classes, 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 reimbursement. Except for earning your annual program fee back by exercising 45 days a year for at least 30 minutes per session at a participating gym, your annual fee is not refundable and will not be prorated. Fitness center visits made before your annual program fee is paid to not count towards the reimbursement activity requirement.

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

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 conditions, limitations, and exclusions, please see your *Benefit Summary* or kp.org/fitrewards.

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