

# 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.<sup>1</sup>

### 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.<sup>1</sup>
- Get your annual program fee back!<sup>1</sup>

### Is Kaiser Permanente Fit Rewards the same as other Active&Fit® programs available in Hawaii?

No. Other health plans offer Active&Fit® programs with discounted gym memberships, but Kaiser Permanente is the only health plan in Hawaii that offers members the opportunity to earn a free gym membership.<sup>1</sup>

### How do I renew my KP Fit Rewards gym membership for 2018?

Just pay your non-refundable annual program fee directly to a participating gym on or after January 1, 2018.

If you choose to enroll/re-enroll at 24 Hour Fitness, visit [kp.org/activeandfit](http://kp.org/activeandfit) or call toll free **1-877-750-2746**, Monday through Friday, 5 a.m. to 6 p.m., Pacific time, to pay your fee.<sup>1</sup>

### 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](http://kp.org/activeandfit) and register to use the website.<sup>2</sup>
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 additional monthly dues to worry about!

**Note:** If you would like to join 24 Hour Fitness and pay your annual program fee, visit [kp.org/activeandfit](http://kp.org/activeandfit), or call toll free **1-877-750-2746**, 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.



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## PARTICIPATING GYMS

### Where can I find a list of participating gyms?

Visit [kp.org/fitrewards](http://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](http://kp.org/activeandfit) or by calling toll free 1-877-750-2746.

### Can I switch participating gyms?

Yes. You can switch participating gyms by going online at [kp.org/activeandfit](http://kp.org/activeandfit) or by calling toll free 1-877-750-2746.

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

No. If you switch to another participating gym, you do not need to pay your annual fee again unless it's a new calendar year.

### 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?

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 will not count towards your 2018 KP Fit Rewards activity requirement reimbursement.

## 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.



<sup>1</sup>Reimbursement 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 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 the reimbursement activity requirement.

<sup>2</sup>The 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 details, including conditions, limitations, and exclusions, please see your *Benefit Summary* or [kp.org/fitrewards](http://kp.org/fitrewards).

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