



Get active. Get paid.

Biking. Walking. Swimming.

However you like to get active, the ExerciseRewards™ program can pay off in more ways than one!

You can earn up to **\$400** per year, just by getting active. Plus, your spouse or domestic partner can get reimbursed up to **\$200** a year!

Go online to ExerciseRewards.com to:

- Register
- Find a contracted fitness facility
- Sign up for challenges
- Take online classes
- Track your progress toward rewards

To get credit, you and your spouse can use:

- The ExerciseRewards CheckIn![®] app—if you and your spouse want to get credit for checking in and out at a fitness facility. Search for “ExerciseRewards” in the Apple[®] App Store[®] or Google Play[™] store.
- Auto reporting*—if you and your spouse want to work out at a fitness facility that has agreed to send your workout visits to the ExerciseRewards program. Go to ExerciseRewards.com to find one.
- Manual reporting—if you and your spouse want to send manual reports of your workout visits.

Note: Some fitness facilities in the network provide discounts. But you and your spouse do not have to choose a network facility. You can access any qualified facility for your visits to count toward your reward.

You can find a fitness facility near you, and you don't even need to log in! Go to ExerciseRewards.com and look for the “Find a Fitness Facility” tab on the home page.

Ready to get moving—and get rewarded?

Visit ExerciseRewards.com
or call 877.810.2746.

*Let your participating fitness facility know that you want them to submit your visits to the ExerciseRewards program.

Plans are offered by affiliates of Healthfirst, Inc. Plans contain exclusions and limitations. Health information programs provide general health information and are not intended to treat, diagnose or act as a substitute for medical advice. Consult your doctor.

Prior to participating in this or any other exercise program, it is important for you to seek the advice of a physician or other qualified health professional. Incentives may be taxable income that you are responsible to report. Your health plan is committed to helping you achieve your best health. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at 877.810.2746 Monday – Friday, 8 a.m. – 9 p.m. Eastern Time, and we will explain how you can work with your physician to find an alternative wellness program with the same reward that is right for you in light of your health status.

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