

Visit Submission Form

Part A: Member Information

Note: This form should be used only if you are attending a qualifying fitness center that does not automatically submit visits on your behalf. If you are attending an ExerciseRewards™ fitness center that submits visits on your behalf, are using the ASHConnect™ app, or are enrolled in the Active&Fit Direct™ program, you do not need to submit a *Visit Submission* form. Your activity will be tracked and submitted automatically.

Last Name _____ First Name _____ M.I. _____

Healthfirst Plan Name _____ Healthfirst ID _____

Date of Birth (mm/dd) _____

Street Address _____

City _____ State _____ Zip Code _____

Phone Number _____ Email (optional) _____

Part B: Proof of Workouts

Please complete one form per fitness center you use. You need to work out at least 50 days every six-month reward period at a qualifying fitness center to receive your reward.

Submit a printout from your fitness center or submit this log for visit dates (mm/dd/yy) for the requested benefit period. Each of the requested visit dates must be initialed or stamped by the fitness center to be considered valid.

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
11.	12.	13.	14.	15.	16.	17.	18.	19.	20.
21.	22.	23.	24.	25.	26.	27.	28.	29.	30.
31.	32.	33.	34.	35.	36.	37.	38.	39.	40.
41.	42.	43.	44.	45.	46.	47.	48.	49.	50.

Fitness center information must be legible and complete for your reward to be processed.

Fitness Center Name _____

Fitness Center Street Address _____

City _____ County _____

State _____ Zip Code _____

Fitness Center Phone Number _____

Failure to submit this form completed with all required information may result in your form being returned to you.

I certify the information above is correct. I also understand it is illegal to knowingly submit false information or requests to obtain compensation and that any such actions may result in termination from the ExerciseRewards program.

Fitness Center Staff Signature: _____
Signed _____ Printed _____ Date _____

Member Signature: _____
Signed _____ Printed _____ Date _____

Email this completed form to fitness@exerciserewards.com, or mail to:

ExerciseRewards
P.O. Box 509117
San Diego, CA 92150-9117

Please do not email photo files (jpeg, png, etc); please email documents in PDF format.

All forms are available at exerciserewards.com or by calling 1-877-810-2746.

Once your visits are processed, you will receive a redemption email advising you to log in to exerciserewards.com. Go to the Rewards page, click "Available to redeem," and select your incentive period. Your check will be mailed within 14 days after you redeem. If you are unable to redeem your reward on the website, ExerciseRewards will automatically redeem your reward approximately 30 days after the six-month reward period in which you earned your reward.

Remember:

- Qualifying fitness centers must offer regular cardiovascular, flexibility, and/or resistance training exercise programs; 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. Refer to exerciserewards.com for exclusions and limitations.
- Only one exercise session may be logged per calendar day. There must be at least eight hours between sessions.

Your *Visit Submission* form must be received **after the end of each six-month reward period, but no later than 90 days following the end of each reward period**. Your group's benefit plan year is determined by your group's effective and renewal dates. For questions regarding your group's benefit plan year, contact ExerciseRewards customer service at **1-877-810-2746**.

Healthfirst is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all eligible members. 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 ExerciseRewards at **1-877-810-2746** Monday to Friday, 8am to 9pm 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.