



Get rewarded for working out

It Pays to
Be Active™

As a Healthfirst member, you can earn up to \$400 every year*—just for working out and taking care of your health. Plus, depending on your Healthfirst plan, your covered spouse/domestic partner could earn up to \$200!

Getting started is easy. Just register at exerciserewards.com, choose how you want to track and submit your visits, and work out at qualifying fitness centers.**

You have three easy ways to track and submit your visits:

- **The ASHConnect™ app:** Download the app to your smartphone to track your workouts at participating fitness centers. It's available free in the Apple® App StoreSM for iOS™ devices or from the Google Play™ store for Android™ devices.
- **Auto-Reporting:** Simply work out at participating fitness centers and your visits will be automatically tracked and reported to the ExerciseRewards™ program. If you're not sure whether a fitness center is participating in ExerciseRewards Auto-Reporting, just ask at the front desk.
- **Paper log:** If you want to work out at a qualifying fitness center that isn't in the ExerciseRewards program, you can track and submit those visits by using the Visit Submission Form, found online when you log in to your ExerciseRewards account.

Ready to get rewarded for working out?

1. Go to exerciserewards.com.
2. Click "Register," or call **1-877-810-2746** for more information on qualifying fitness centers and tracking your visits. Interpretation services are available over the phone for non-English speakers.
3. Work out at a qualifying fitness center at least 50 days each six-month reward period.
4. Once you complete your required visits and the ExerciseRewards team verifies them, you'll receive a reward check in the mail. It's that simple!



Looking for an affordable
gym membership?
Check out the Active&Fit Direct™
program on the next page.



Save on your gym membership and automatically track visits

The Active&Fit Direct program provides you with affordable access to fitness centers for \$25 a month[†] plus a \$25 enrollment fee and applicable taxes. It's also integrated with the ExerciseRewards program, so your visits are automatically tracked and submitted. Please note: a three-month membership commitment is required. In addition, any nonstandard fitness center services that typically require an additional fee are not included.

Once enrolled, you don't need to do anything else! Active&Fit Direct will automatically track and submit your visits and make it easier for you to earn your reward.

Start saving on your gym membership today

1. Go to exerciserewards.com.
2. Find a participating Active&Fit Direct fitness center near you.
3. Click "Register," or call 1-877-810-2746 for more details on enrolling in the Active&Fit Direct program. Interpretation services are available over the phone for non-English speakers.

Please note: Active&Fit Direct is an optional program. You do not need to join Active&Fit Direct to participate in the ExerciseRewards program.

*You must exercise at least 50 days per six-month reward period at a qualifying fitness center to receive \$200 each reward period, for a total of \$400 each plan year. Only one visit per calendar day will count toward your reward requirement.

**For a fitness center to qualify, it must be in the 50 U.S. states or in the District of Columbia, offer regular cardiovascular, flexibility, and/or resistance training exercise programs or may include instructor-led classes (such as Zumba®, Pilates, "step" classes, yoga, aquatics, etc.), must have staff oversight, and must offer a membership agreement.

[†]Initial payment includes an enrollment fee of \$25 in addition to your \$25 monthly fee for the current month and \$25 monthly fee for the next month (plus applicable taxes). Once enrolled, you can immediately access any contracted fitness center. You can easily cancel your program enrollment any time after three consecutive months of participation.

Note: 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. Rewards may be taxable income that you are responsible to report.

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–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.

The ExerciseRewards and Active&Fit Direct programs are provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). Members are not required to participate at an ASH-contracted fitness center to be eligible for the reward; however, exclusions apply. The ExerciseRewards and Active&Fit Direct programs are health improvement and education programs and are not insurance. ASH Fitness is a separate company that administers the ExerciseRewards and Active&Fit Direct programs on behalf of Healthfirst.

M931-002C-HF (01/19) © 2019 American Specialty Health Incorporated (ASH). All rights reserved. ExerciseRewards, the ExerciseRewards logo, Active&Fit Direct, the Active&Fit Direct logo, It Pays to be Active, and ASHConnect are trademarks of ASH and used with permission herein.

Healthfirst is the brand name used for products and services provided by one or more of the Healthfirst group of affiliated companies.

© 2019 HF Management Services, LLC 0164-19 INA19_13