Just work out at a qualified fitness club or exercise center\(^1\) 12 times per month\(^2\), and you’ll receive up to a $45 subsidy each quarter ($15 per month). That’s all you have to do! It couldn’t be easier!

We all know that regular exercise is important for total health. It’s great for managing weight, improving balance and flexibility, and relieving stress. It can also help lower your risk for serious health conditions, such as diabetes and high blood pressure.

Now with the ExerciseRewards™ program, you can enjoy the benefits of exercise AND receive money to help with facility membership costs.

Many of your favorite exercise activities at a qualifying fitness facility can count toward your workout sessions, too! Whether you go to your fitness facility to run, swim, weight train or take an aerobics class, you’ll be closer to earning your subsidy.

\(^1\) Qualifying facilities must offer regular cardiovascular, flexibility, or resistance training exercise programs or may include instructor-led classes (such as Zumba\(^\circ\), Pilates, “step” classes, yoga, aqua, etc.), must offer a membership agreement, and must have staff oversight. Staff oversight means that during normal hours of operations, the fitness facility has employees who oversee the operations of the facility and attend to members. Fitness facilities within an apartment building or hotel that do not have staff oversight are examples of facilities that do not meet this definition.

\(^2\) Members will receive credit for one workout session per day, with at least 8 hours between sessions.
Using a fitness facility that will submit exercise sessions for you?

Here’s how to get started!

Some facilities that participate in the ExerciseRewards network will track and report visits on your behalf, freeing you of the paperwork. You can find these facilities by visiting ExerciseRewards.com or by calling 877.810.2746. When searching for fitness facilities in your area, those that track and report visits on your behalf will be noted.

1. Present your ExerciseRewards ID card (found on the last page of this brochure) to the participating fitness facility of your choice, pay your membership fees/dues, and sign a membership agreement.

2. Work out 12 times per month at the facility. (Your facility must continue to participate in the ExerciseRewards network in order to submit your visits.)

3. Your facility submits your exercise sessions directly to ExerciseRewards each month.

4. Upon receiving proof of your exercise sessions for the quarter, ExerciseRewards will send you $15 for every month you worked out at least 12 times at the fitness facility.

5. Checks are sent four times each year, approximately 30 days after the close of each calendar quarter.

Please note, if you choose one of these fitness facilities, the facility is authorized to submit your exercise sessions directly to ExerciseRewards so that you do not need to submit proof of visits and the Fitness Facility Member Verification Form.

Using a fitness facility that doesn’t submit exercise sessions for you?

Here’s how to get started!

1. Find a facility:
   » Choose one from the ExerciseRewards network by going to www.exerciserewards.com or call 877.810.2746 Monday through Friday, 5 a.m. to 6 p.m. Pacific,
   OR
   » Select a qualified fitness facility not in the network. Qualifying facilities must offer regular cardiovascular, flexibility, or resistance training exercise programs or may include instructor-led classes (such as Zumba®, Pilates, “step” classes, yoga, aqua, etc.), must offer a membership agreement, and must have staff oversight. Staff oversight means that during normal hours of operations, the fitness facility has employees who oversee the operations of the facility and attend to members. Fitness facilities within an apartment building or hotel that do not have staff oversight are examples of facilities that do not meet this definition.

2. Have your fitness facility complete a Fitness Facility Member Verification Form. You need to submit this form only once for each fitness facility per benefit year.

3. Complete the Reward Submission Form/Log, with proof of your workout visits. Your proof may be:
   » The facility’s computer printout of all your workouts for the quarter,
   OR
   » A completed Reward Submission Form/Log, with the facility’s signature or stamp for each visit. (Forms are available at www.exerciserewards.com or by calling 877.810.2746.)

4. Send all documents to:
   ExerciseRewards
   P.O. Box 509117
   San Diego, CA 92150-9117

5. Each quarter, ExerciseRewards will send you up to a $45 check for your reward. Checks are sent four times each year, approximately 30 days after the required documents are received for the quarter.

Please note that all reward requests must be received no later than March 31st following the end of the previous plan year.\(^4\)

\(^3\) Qualifying facilities must offer regular cardiovascular, flexibility, or resistance training exercise programs or may include instructor-led classes (such as Zumba®, Pilates, “step” classes, yoga, aqua, etc.), must offer a membership agreement, and must have staff oversight. Staff oversight means that during normal hours of operations, the fitness facility has employees who oversee the operations of the facility and attend to members. Fitness facilities within an apartment building or hotel that do not have staff oversight are examples of facilities that do not meet this definition.

\(^4\) Your group’s benefit plan year is determined by your group’s effective and renewal dates.
Additional benefits

Your ExerciseRewards program also includes:

- Access to a national network of more than 11,000 fitness facilities, most of which offer a minimum 10% discount off enrollment fees and/or membership dues
  
  » To find a list of participating fitness facilities that offer discounted membership rates, visit www.exerciserewards.com or call 877.810.2746, Monday through Friday, 5 a.m. to 6 p.m. Pacific
  
  » Please ask at the fitness facility about the discounts they offer, and make sure to bring your health plan ID card to receive your discount

- 3 free one-week trial memberships or free introductory sessions at participating fitness facilities (one free trial per facility)

- ExerciseRewards.com, with online tools and trackers, meal and exercise planners, e-coaching programs, resources, ExerciseRewards quarterly newsletter, and more

Who is eligible?

- PEBB health plan subscribers and covered spouses and domestic partners who are 18 years and older are eligible.

- You are eligible for the monthly subsidy during months when you have PEBB health coverage.

- As long as PEBB continues to offer the ExerciseRewards program, you will be eligible to participate.

Go to www.exerciserewards.com today to begin your journey to a more active life! If you would like to speak with someone about the program, call 877.810.2746. ExerciseRewards representatives can help you Monday through Friday, 5 a.m. to 6 p.m. Pacific.

ExerciseRewards™ is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated.
Exclusions and limitations

The following are excluded from subsidy in this program:

1. Services and activities such as rehabilitation services, physical therapy services, country clubs, social clubs or sports teams and leagues

2. Dues or fees for participating in aerobic/fitness activities not in a qualified fitness facility, as well as fees for personal training, lessons (e.g., tennis and swimming), coaching, and exercise equipment or clothing purchases

3. Facilities outside of the United States

4. Exercise sessions at fitness facilities where there is no staff oversight (e.g., facilities in apartment buildings or hotels)

5. Exercise sessions before your eligibility date

The amount of the rewards/reimbursement may be considered taxable income, and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations.

This program is designed to help you make healthy, safe, and moderate changes to your health behaviors. If you choose to take part in this program, first talk to your physician or health care provider. This program may not be safe for everyone. If you are pregnant or have an injury or health condition, talk to a physician before you start. Some parts of this program may not be safe if you have certain health problems. Your physician can tell you if this program is safe for you.

Disclaimer: This is a summary only and is subject to the terms, conditions, and limitations and exclusions set forth in any additional riders or contracts your group may have purchased. Be sure to consult your benefit contract or certificate for full details about your coverage. To the extent there is a conflict between this summary and your benefit contract or certificate, the terms of the contract or certificate will control.

ExerciseRewards is 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 facility to be eligible for the reward. The ExerciseRewards program is a health improvement and education program and is not insurance. ASH Fitness is a separate company that administers the ExerciseRewards program on behalf of PEBB.

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Use of this ID card by anyone other than the person named hereon is prohibited. This card is the property of ASH Fitness.

Fitness Facility: If contracted as an ExerciseRewards/Member Reimbursement Network facility, please submit a monthly utilization report for this member. Refer to the ASH Fitness client list for more information. Submissions may be made manually or via ASHLink®.