



ExerciseRewards™ Program

GET REIMBURSED FOR YOUR FITNESS FACILITY DUES!

We all know that regular exercise is important for your total health. Now with the ExerciseRewards™ program, you can enjoy the benefits of exercise AND receive reimbursement for your dues.

Just work out at a participating fitness club or exercise center 50 times every 6-month period, and you'll be reimbursed up to \$200 of your membership dues every 6-month period based on when your/your group's health insurance begins. If your spouse works out 50 times per 6-month period, your spouse will be reimbursed up to \$100 of membership dues each 6-month period. It couldn't be easier!

In addition to the 6-month period reimbursement, the 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
- 3 free one-week trial memberships or free introductory sessions at participating fitness facilities (one free trial per facility)
- Online tools and trackers, meal and exercise planners, e-coaching programs, resources, ExerciseRewards quarterly newsletter, and more

To learn more about products with this wellness benefit contact your Broker or Account Consultant.

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.** ExerciseRewards and the ExerciseRewards logo are trademarks of ASH. ExerciseRewards 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 Excellus BlueCross BlueShield.



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