

It Pays to Be Active™



With the **Active&Fit ExerciseRewards™** program, you and your spouse/domestic partner can earn up to \$600 combined each benefit year just for working out. Complete at least 100 points each 6-month reward period in your benefit year. You can earn \$200 in rewards. Your spouse/domestic partner can earn \$100 per reward period, too! It's that easy!

NEW! Starting in 2023, every fitness center visit will earn two points. You will continue to earn one point for 10,000+ steps in a day.¹

Here's how to complete your points:

1. **Enroll with an Active&Fit Enterprise™ Fitness Center:**

Choose from a network of thousands of participating fitness centers nationwide for \$25 a month. You also have access to Premium locations including fitness centers, studios, and unique fitness experiences for a buy-up price.² Once enrolled, you don't need to do anything else—the fitness center will submit your visits for you automatically.

2. **ASHConnect™ App**

Use the ASHConnect app to track visits at a qualifying fitness center.³ For the app to count your visits, each workout should be at least 30 minutes (limit one fitness center visit per calendar day). Search for ASHConnect in your phone's app store.

3. **The Active&Fit Connected!™ Tool**

Track your activity on a variety of wearable fitness trackers and mobile apps to earn points.⁴ **NEW!** Apple Health is now available in Connected!

4. **Paper Log**

If you prefer, you can manually track your fitness center visits and submit a Visit Submission Form. Your qualifying fitness center must approve and sign your log, or your fitness center may be able to provide a printout of your visits to include with the form. Full details are available on the Visit Submission Form, which is available on [ExcellusBCBS.com/Rewards](https://www.excellusbcbs.com/Rewards) after you log in.

All requests must be received **no later than 120 days** after the end of each reward period.



Additional benefits

The Active&Fit ExerciseRewards program also includes:

- View a variety of on-demand workout videos on [ActiveandFit.com](https://www.ActiveandFit.com), perfect for all fitness levels. Workout videos do not count toward your reward.
- Get a personalized Workout Plan to help you start an exercise routine. Just answer a few online questions about your fitness level and goals.
- Online library of resources with exclusive articles and videos on healthy eating, staying active, and more.



Ready to learn more?

Go to [ExcellusBCBS.com/Rewards](https://www.ExcellusBCBS.com/Rewards) to get started today! For questions, call toll-free at **1-888-797-7925** Monday through Friday, 8 a.m. to 9 p.m.



1 A maximum of two points per day can be earned. If both 10,000+ steps and a fitness center visit are met in any given day, the fitness center visit of two points will be awarded.

2 Fees vary. Please refer to the fitness center search on the Active&Fit Enterprise website.

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

4 Purchase of a wearable fitness tracker or app may be required to use the Connected! tool and is not reimbursable by the Active&Fit ExerciseRewards or Active&Fit Enterprise programs.

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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.

Your health plan/employer is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all 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. Call 1.888.797.7925 Monday through Friday, 8 a.m. to 9 p.m. Eastern time, to learn 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.

Members are not required to participate at an ASH-contracted fitness center to be eligible for the reward; however, exclusions apply. The Active&Fit Exercise Rewards program is offered under the Active&Fit Enterprise brand. The Active&Fit Exercise Rewards program and the Active&Fit Enterprise program are offered on behalf of Excellus BlueCross BlueShield.