With the ExerciseRewards™ program, now you can get healthy AND get REWARDED!

You can pick from thousands of fitness facilities nationwide so you can find the one that’s right for you.

New for 2015! Simply work out 8 times per month at an eligible fitness facility, and you’ll receive $15! PEBB medical plan subscribers and their covered spouses/partners are eligible to participate.

**ExerciseRewards™**

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<th>Member Name:</th>
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<tr>
<td>Member ID:</td>
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<td>Date of Birth:</td>
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<td>Effective Date:</td>
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<td>Website:</td>
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**ExerciseRewards™ Program**

**Customer Service:** 877.810.2746

Monday – Friday, 5 a.m. – 6 p.m., Pacific Time

The ExerciseRewards program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH).
Get started!
2. Click “Register” and enter your information.
3. Decide how you want to earn your rewards, and then follow the prompts to add a fitness facility.

Creating your online account allows you to decide how you want to earn your rewards, track your progress, participate in challenges to stay motivated, take online classes, and obtain forms and other important program information.

Track your workouts!
You can track your visits in the following 3 ways through the ExerciseRewards program:

1. ExerciseRewards CheckIn!™ app—use your smartphone to check in and out at one of thousands of qualifying fitness facilities nationwide. Just make sure that each workout is at least 30 minutes, and remember to check out at the end of your workout so your visit gets counted! Search for ExerciseRewards in your app store.

2. Auto reporting—if you want to work out at one of the contracted fitness facilities that will send your workout visits directly to the ExerciseRewards program. Plus they offer discounts and free trials! Go to ExerciseRewards.com for important step-by-step instructions on this option. Note: Complete the attached ID card and bring it to your fitness facility if you decide to use this option.

3. Manual reporting—if you want to send manual reports of your workout visits. You’ll need to complete 2 forms: the Fitness Facility Member Verification Form (complete once per year for each facility you attend) and the Visit Submission Form (complete monthly to report your workout visits to earn your reward). Both forms are available on ExerciseRewards.com after you log in. You can find more details on the forms about how to submit them.

Get rewarded!
If you use the CheckIn! app, your visits will be uploaded to the website instantly. If you have an ExerciseRewards-contracted facility submit visits on your behalf, please note that most facilities send utilization during the month after your visits. If you submit manual logs, the visits will be credited to your account when your log is received and processed. Logs are processed within 30 days of receipt.

Once you complete 8 workouts in a month, you’ll receive an email advising you to log in to ExerciseRewards.com and redeem your reward. Make sure you set up your website registration and provide your email address so you will receive redemption notices when you meet your 8 workouts.

For a fitness facility to qualify, it must 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.

Visit ExerciseRewards.com or call 877.810.2746 for more details on how to track your visits, get rewarded, and program exclusions and limitations.

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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. Incentives may be taxable income that you are responsible to report.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. 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 us at 877.810.2746 Monday – Friday, 5 a.m. – 6 p.m. Pacific 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.

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.

Use of this ID card by anyone other than the person named hereon is prohibited. This card is the property of ASH Fitness. ASHLink, ExerciseRewards, and the ExerciseRewards logo are trademarks of ASH.

ExerciseRewards Network

Fitness Facility: Please confirm on ASHLink® or by calling ASH that the member has agreed to allow your facility to submit utilization on his/her behalf. Then, submit utilization for this member on your monthly reports. Refer to the client list for more information.
1. **Q: What is the ExerciseRewards™ program, and what is the benefit to me?**
   **A:** The ExerciseRewards program rewards you for working out at fitness clubs and exercise centers. Now you can get healthy AND get rewarded! PEBB subscribers and their spouses or domestic partners enrolled in a PEBB medical plan are eligible to participate.

2. **Q: Can you tell me more about the ExerciseRewards program?**
   **A:** The ExerciseRewards program is provided by American Specialty Health Fitness, Inc. (ASH Fitness), a subsidiary of American Specialty Health Incorporated (ASH). ASH is one of the nation’s leading health and wellness companies. It provides a wide range of prevention, wellness, fitness, exercise, and specialty health care management programs to health plans, employer groups, insurance carriers, and trust funds to improve the health of their members or employees. Its mission is to empower individuals to live longer, healthier lives. ASH does this through a variety of population management programs, created through innovation, scientific evidence, and state-of-the-art technology, and measured against the highest industry standards.

3. **Q: How do I register?**
   **A:** Simply go to www.ExerciseRewards.com and register for an online account.

4. **Q: What are some of the website features?**
   **A:** The website has some great features, including:
   - Fitness facility search—find participating fitness facilities that automatically report visits, provide discounts, and offer free trials.
   - Online fitness classes.
   - Quarterly online newsletter covering health and exercise topics.
   - Track your progress toward rewards.
   - Challenges—Challenge a coworker to a fitness facility visit goal. It’ll keep you both motivated!
   - Accountabilities—Ask your spouse, a friend or a coworker to help keep you on track with your fitness goals.
5. **Q: How does the program work?**
**A:** You need to work out at least 8 times per month at a qualified fitness facility to receive your monthly reward. You can receive credit for one visit per day (with at least 8 hours between visits). There are 3 ways you can track your facility visits:

1. ExerciseRewards CheckIn!™ app on your smartphone—Check in and check out when using one of thousands of fitness facilities nationwide. Receive credit for any workout over 30 minutes. Search for ExerciseRewards in your app store.

2. ExerciseRewards-contracted fitness facilities—These facilities will submit proof of your visits to the ExerciseRewards program on your behalf, so you don't have to. They also offer free trials and membership discounts. **You must select the facilities you wish to use and agree to the facility submitting your visits to ExerciseRewards.** Then, on your first visit, advise that you are an ExerciseRewards member and that you would like the facility to submit your visits to ExerciseRewards.

3. Manual tracking of your fitness facility visits—You can submit a paper log of your workouts or facility printout to earn credit for each workout. Paper logs are available on www.ExerciseRewards.com after you log in.

6. **Q: What do I need to send in to the ExerciseRewards program if I keep track of my workouts on the manual log?**
**A:** If you choose to attend a fitness facility that does not submit visits and you're not using the ExerciseRewards CheckIn! app, then you'll need to keep track of your workouts on a manual log. You will also need to submit the following to the ExerciseRewards program:

1. Completed Fitness Facility Member Verification Form (fitness facility must complete; this form must be received before a reward is payable)

2. Completed Visit Submission Form/Log, which documents your fitness facility visits (a fitness facility staff member must sign or stamp the log for each visit, or you can submit a computer printout of your workouts from the facility)

Submissions must be received 90 days after the end of the benefit plan year.

Forms are available at ExerciseRewards.com or by calling 877.810.2746. Members must register on the website and log-in to obtain access to the required forms.

7. **Q: If I am only using manual (paper) logs to track my visits, do I still need to register to use the website?**
**A:** Yes, you should still register to use the website and provide your email address—this way you will receive notification to redeem your rewards. Plus, you can take advantage of all of the great website features, including viewing your exercise activity!
12. Q: Which fitness facilities qualify for rewards if they’re not available through the ExerciseRewards CheckIn! app and not in the ExerciseRewards network?
A: For a fitness facility to qualify, it must 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.

Examples of excluded facilities that do not qualify for rewards include, but are not limited to, the following:

» Services and activities such as rehabilitation services, physical therapy services, country clubs, social clubs, or sports teams and leagues
» 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
» Facilities outside of the United States
» Exercise sessions at fitness facilities where there is no staff oversight (e.g., facilities in apartment buildings, hotels, and sports clubs)

Because these excluded facilities are not eligible for rewards, they will not appear in the CheckIn! app and are not in the ExerciseRewards network.

13. Q: I had the ExerciseRewards benefit in 2014 and will have the same benefit under the same health plan for 2015; what do I need to do to receive rewards for 2015?
A: If you already registered for ExerciseRewards.com, make sure that you provided an email address—that is how you will receive notification to redeem your rewards. If you have already registered and provided an email address, then you are all set!

14. Q: I had ExerciseRewards under PEBB for 2014, but my health plan is changing for 2015. Is there anything special I need to do to continue to use my ExerciseRewards benefit?
A: If you are changing health plans for 2015, you will need to set up a new website account. Go to ExerciseRewards.com on or after January 1, 2015, to set up your account under your new health plan—then you can use all of the great features and receive notices when it’s time to redeem your rewards.
8. **Q: Can I use more than one method to track my visits?**  
   **A:** Yes, you can use any or all of the 3 methods to track your visits. You are not limited to just one method during the month.

9. **Q: How soon will I see my visits recorded for each of the three methods of tracking visits?**  
   **A:** If you use the CheckIn! app, your visits will be uploaded to the website instantly. If you have an ExerciseRewards-contracted facility submit visits on your behalf, please note that most facilities send utilization during the month after your visits. If you submit manual logs, the visits will be credited to your account when your log is received and processed.

10. **Q: What do I need to do to get rewarded?**  
    **A:** You need to work out at least 8 times per month at an eligible fitness facility to receive your monthly reward. Visits are automatically uploaded to ExerciseRewards.com when you:

    » Use the ExerciseRewards CheckIn! app for a 30-minute workout, or

    » Work out at one of the fitness facilities that submit proof of your workouts on your behalf, once you have selected one or more fitness facilities and agreed to the facility submitting your visits to ExerciseRewards. Visits will be credited to your account when the fitness facility submits your utilization.

    If you submit manual logs of your workouts, the visits will be credited to your account when your log is received and processed. All submissions will be processed within 30 days of receipt.

    Please note: Once you register for an account on www.ExerciseRewards.com, your visits will be viewable on your ExerciseRewards.com account. However, there may be a delay in the posting of your visits because of the facility's billing cycle or the receipt of your manual workout logs.

11. **Q: When should I expect to receive my reward?**  
    **A:** Once you meet the 8-visit threshold, you will receive an email advising you to go to ExerciseRewards.com and redeem your reward. Make sure you set up your website registration and provide your email address so you will receive redemption notices when you meet your threshold. All rewards are processed on a monthly basis within 30 days after you have redeemed them.

    If you are submitting manual workout logs, and you submit incomplete or invalid documentation, your reward will not be processed. You will receive a notice within 30 days of receipt of your submission, indicating the reason your reward was not processed.